

COURSE DATE: April 16 - 17, 2021

Register Online: <http://bit.ly/ce12608>

TITLE: Manual Edema Mobilization (MEM): Swelling Management for the Upper and Lower Extremities

DESCRIPTION: Following an injury, orthopedic surgery or trauma the consequences of longstanding edema are well known. The consequences include: persistent pain, delayed wound healing and the development of fibrotic scar tissue that can restrict motion and impact overall return to function for the patient. Therapists often struggle in helping patients with edema management, despite their best efforts with interventions such as rest, ice, compression and elevation.

The lymphatic system plays a crucial role in fluid homeostasis, yet this role has been greatly overlooked. Following an injury, trauma, or orthopedic surgery, persistent edema is often the result of an overloaded lymphatic system. Knowing how to stimulate the lymphatic system to quickly reduce edema can make all the difference to patients for pain reduction, increasing ROM, and return to function. The purpose of this course is to teach the therapist the lymphatic decongestion method of Manual Edema Mobilization (MEM). MEM is a specific treatment method with evidence-based rationale designed to reduce sub-acute and chronic edema. Lecture and hands-on labs will be used to learn the tenets and demonstrate the 5 Key Components of the method. Problem-solving through case study presentations will help participants apply MEM to manage sub-acute and chronic edema as seen in their specific patient populations. This method is not applicable for primary lymphedema or post cancer lymphedema treatment. This 2 day course covers UE and LE, including specific hand, finger, foot and toe management, and allows more time for bandaging compression instruction

OUTCOMES:

- Discuss the anatomy and physiology of the lymphatic system
- Determine the lymphatic system's role in fluid homeostasis (edema/swelling management)
- Apply differential diagnosis of edema
- Demonstrate the 5 Key Components of MEM including:
 - Diaphragmatic breathing
 - Light manual lymphatic system stimulation with "Pump Points" and "Clear and Flow"
 - Exercise
 - Adjuncts
 - Self-management home program design
- Distinguish the contraindications, precautions, and limitations of Manual Edema Mobilization.
- Describe problem-solving rationale and appropriate MEM techniques in relation to specific diagnoses.
- Return to practice following the course understanding the tenets of MEM, ready to apply the MEM method.

INSTRUCTOR: Sandy Heald Sublett, PT, DPT, OCS, CLT, has practiced physical therapy in a variety of settings in 3 states since 1986 and is a senior clinician and program development lead at an orthopedic and sports PT private practice in the Cedar Rapids, Iowa area. She received her BS in PT from The University of Texas – Southwestern Medical Center, and transitional DPT from St. Ambrose University (Iowa) in 2008. In addition to her Orthopedic Clinical Specialist in Physical Therapy certification (2009) and being a Certified Lymphedema Therapist (2005), she has passed competencies in vestibular rehabilitation, and held NDT certification. Past teaching experience includes an adjunct faculty position at Clarke University (Dubuque, IA), teaching continuing education courses through the Iowa Physical Therapy Association, serving as a consultant for total contact casting at a wound care center, and community lecturer on multiple topics related to PT. She is a member of the APTA and Orthopedic Section, National Osteoporosis Foundation, and VEDA (Vestibular Disorders Association). Sandy's special interests range from lower extremity biomechanics to balance and

vestibular rehabilitation, but intertwined with these and everything between is a strong reliance on edema management to optimize outcomes. Dr. Sublett looks forward to sharing treatment techniques that will change how clinicians view their abilities to enhance healing and recovery as well as maximize outcomes

LEVEL: Introductory **AUDIENCE:** OTs, OTAs, PTs, PTAs, and ATs

AGENDA:

DAY ONE

- 7:30 AM Registration Opens
- 8:00 AM Introductions & pre-test of knowledge
- 8:20 AM Tissue response to trauma
- 9:40 AM Anatomy and physiology of the cardiovascular and lymphatic system
- 10:15 AM BREAK
- 10:30 AM Types of edema & differential diagnosis
- 11:00 AM 5 Key Components of Manual Edema Mobilization (MEM)
 - 1) Diaphragmatic breathing and practice
 - 2) Light manual lymphatic system stimulation and practice
 - Pump Points
 - Clear and Flow
 - 3) Exercise incorporation
 - 4) Adjuncts:
 - Compression/bandaging/garments
 - kinesiology taping
 - neutral warmth devices
 - 5) Self-management home program design
- 12:30 PM LUNCH (on your own)
- 1:30 PM Contraindications and precautions for MEM application
- 2:00 PM LAB: MEM method for the upper extremity
 - Diaphragmatic breathing & exercise
 - Manual technique for UE: pump point stimulation
 - Manual techniques for UE: clear and flow (including hand and fingers)
- 3:15 PM BREAK
- 3:30 PM LAB: MEM for the upper extremity, cont.
 - Adjuncts:
 - Compression/bandaging/garments
 - Kinesiology taping
 - Neutral warmth devices
 - Self-management home program design
- 5:30 PM ADJOURN

DAY TWO

- 8:00 AM Review of MEM tenets and 5 Key Components
- 8:45 AM Assessment and documentation
- 9:15 AM LAB: MEM for the lower extremity
- Diaphragmatic breathing & exercise
 - Manual technique for LE: pump point stimulation
- 10:30 AM BREAK
- 10:45 AM LAB: MEM for the lower extremity (cont.)
- Manual techniques for LE: clear and flow (including foot and toes)
- Adjuncts:
- Compression/bandaging/garments
 - Kinesiology taping
 - Neutral warmth devices
 - Self-management home program design
- 12:30 PM LUNCH (on your own)
- 1:30 PM Practical Application
- UE Treatment intervention demonstration
 - UE Treatment performance
 - LE Treatment intervention demonstration
 - LE Treatment performance
- 3:30 PM Participant specific case review and analysis: UE & LE
- 4:30 PM Final Question & Answer session, post-test of knowledge
- 5:30 PM Adjourn

PRE-COURSE ASSIGNMENT: Artzberger S. Edema reduction techniques: A biologic rationale for selection. In: Cooper C's Fundamentals of Hand therapy: clinical reasoning and treatment guidelines for common diagnoses of the upper extremity. 2nd ed. St. Louis, MO: Elsevier Mosby. 2014; 35-50.

Artzberger S. Manual edema mobilization: treatment for edema in the subacute hand. In: Mackin EJ, Hunter JM, Callahan AD, Skirven TM, Schneider LH, Osterman AL (eds). Rehabilitation of the Hand and Upper Extremity. 6th ed. St. Louis, MO: Mosby. 2011: ch. 65

REQUIRED COURSE MATERIALS: Lab Attire: Attendees should wear clothing that will allow easy access to the trunk and full extremities. Layers are recommended as room temperatures may vary.

FOCUS: Domain of OT: Client Factors **Occupational Therapy Process:** Evaluation and Intervention

COURSE #: 12608

PRICE: Early Price \$450 (On or Before 3/16/2021), Standard Price \$500 (After 3/16/2021)

CEU's / CLOCK HOURS: 1.6 CEU's (16 Clock Hours)

LOCATION: UW-Milwaukee Continuing Education, Plankinton Building, 7th Floor, 161 West Wisconsin Avenue, Milwaukee, WI 53203

Register Online: <http://bit.ly/ce12608>