

**COURSE DATE:** August 12 – 14, 2021

**Register Online:** <http://bit.ly/ce13487>

**TITLE:** Lymphedema II: The Next Level

**DESCRIPTION:** This course is designed for certified lymphedema therapists who want to acquire more in depth knowledge in specific treatment areas, increase “hands on skills” in these areas, and learn additional treatment skills through group discussions.

**OUTCOMES:**

- Explain how the fascial system restricts the lymphatic flow after injury or surgery
- Palpate the rhythm of the fascial tissues
- Release restrictions in the fascial system
- Identify soft tissue techniques for manual lymph drainage
- Explain the use of thermograms and naturopathic tests to monitor progress
- Identify methods of delivering complete decongestive therapy (CDT) to ensure versatility and best practice lymphedema care
- Discuss the major issues, concerns, and contraindications with treating edema in the bariatric population
- Develop clinical reasoning skills and implement treatment methods required in treating the bariatric population that extend beyond the traditional approach to the treatment of lymphedema and venous edema
- Recognize basic venous and arterial physiology and pathophysiology and its relevance in the treatment of lymphedema
- Describe the methodology used in obtaining the anklebrachial index (ABI) and its relevance with regard to wound healing and lower extremity compression
- Differentiate between clinical signs of venous and arterial disease
- Discuss internal and external factors which affect edema management
- Discuss best practice treatment options for lower extremity edema with or without wounds due to orthopedic, trauma, surgical, venous insufficiency, etc.
- Discuss microsurgery for lymphedema

**INSTRUCTOR:** Mike Bond, MS, PT, CLT, CIDN

Mike Bond, MS, PT, CLT, CIDN has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years' experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the

lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons.

**AGENDA:**

August 12 – 8:00am – 6:30pm

August 13 – 8:00am – 6:00pm

August 14 – 8:00am – 5:30pm

**Day 1**

8:00 AM	Introduction
8:15 AM	Comorbidities and Lymphedema CHF and Obesity
9:00 AM	Comorbidities and Lymphedema interactive lab
10:00 AM	Break
10:10 AM	Comorbidities and Lymphedema interactive lab continued
12:15 PM	Lunch
1:00 PM	Lymphatic Anatomy and Physiology
1:45 PM	MLT lab – review drainage areas, review soft and slow, review UE and LE drainage, refine speed, develop touch sensitivity to feel lymphatic flow. Learn 4 basic Vodder strokes and practice
3:00 PM	Break
3:10 PM	MLT lab continued: – review drainage areas, review soft and slow, review UE and LE drainage, refine speed, develop touch sensitivity to feel lymphatic flow. Learn 4 basic Vodder strokes and practice
5:00 PM	Break
5:15 PM	Lab - Review of clear and flow with refinement and learn superficial and deep abdominal techniques
6:30 PM	Adjourn

**Day 2**

8:00 AM	Lab - Lymphedema / Edema Wound Management; learning ABI testing
10:00 AM	Break
10:10 AM	Genital bandaging – lab using under bandage layer, sling / support as necessary, padding prn, short stretch bandage use, female genital swelling considerations
12:15 PM	Lunch

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1:00 PM	Breast Cancer lecture – Leduc perspective and methodology
1:30 PM	Breast Drainage Protocol Lab – Leduc methods
2:00 PM	Break
2:10 PM	Breast Drainage Protocol Lab Continued – Leduc methods
3:45 PM	Common Consensus Program Lecture
4:15 PM	Common Consensus Lab continue Vodder techniques hands on practice
6:00 PM	Adjourn

**Day 3**

8:00 AM	Common Consensus - Vodder Techniques Lab on extremities
10:00 AM	Break
10:10 AM	MFR lecture – superficial and deep investing fascia, fascial planes, transverse planes, fluid flow restrictions
10:40 AM	MFR lab – releasing fascial planes, releasing leg posterior superficial plane for better fluid flow, releasing transverse planes for better fluid flow, release shoulder fascia for better fluid flow, body wide fascial restriction – how to find and how to release.
12:15 PM	Lunch
1:00 PM	MFR lab continued– releasing fascial planes, releasing leg posterior superficial plane for better fluid flow, releasing transverse planes for better fluid flow, release shoulder fascia for better fluid flow, body wide fascial restriction – how to find and how to release.
5:00 PM	Question & Answer / Round table discussion with Session instructors
5:30 PM	Adjourn

**LEVEL:** Intermediate

**AUDIENCE:** OTs, OTAs, PTs, PTAs, ATs, and nurses

**REQUIRED COURSE MATERIALS:**

Please bring shorts and a t-shirt or tank top for lab. It is recommended to dress in layers, as the room may be cold during lectures.

**COURSE #** 13487

**PRICE:**

All 3-Days - \$615    Fee After 7/12/2021 = \$665  
Day 1 Only - \$235    Fee After 7/12/2021 = \$285  
Day 2 Only - \$235    Fee After 7/12/2021 = \$285  
Day 3 Only - \$235    Fee After 7/12/2021 = \$285

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**CEU's / CLOCK HOURS:**

CEUS - All 3-Days = 2.6, Day 1=0.9, Day 2=0.85, Day 3=0.8

Instructional Hours - All 3-Days = 26, Day 1=9, Day 2=8.5, Day 3=8.0

**LOCATION:**

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

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