

COURSE DATE: September 12-13, 2024

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

DESCRIPTION: The MEM method is a comprehensive treatment approach that applies the principles of lymphatic anatomy and physiology to rehabilitation care across the lifespan: from preterm infants to end of life care, and across abilities: from high-level athletes to those with movement impairments. It is also among the few courses that is applicable to a variety of providers OT, OTA, PT, PTA and Athletic Trainers. This course brings training that should be standard of care to all rehab professionals who treat patients who experience swelling. MEM Associates is working to create a paradigm shift in swelling management.

LEARNING OBJECTIVES:

1. Describe the lymphatic system's role in fluid homeostasis (edema/swelling management)
2. Discuss differential diagnosis of edema, and how MEM fits into treatment
3. Understand and demonstrate the 5 Key Components of MEM including:
 - Diaphragmatic breathing
 - Light manual lymphatic system stimulation with "Pump Points" and "Clear and Flow"
 - Exercise incorporation
 - Adjuncts (compression, neutral warmth, kinesiology tape and more)
 - Self-management home program design
4. Distinguish the contraindications, precautions and limitations of Manual Edema Mobilization
5. Return to practice ready to apply MEM method into your current patient care

Following injury, orthopedic surgery, or trauma, patients often develop long-standing edema. The consequences of this complication include: persistent pain, delayed wound healing, and the development of fibrotic tissue that can block motion and impact overall return to function for the patient. Therapists often struggle with sub-acute 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. Persistent edema is often the result of an overloaded lymphatic system. Knowing how to activate the lymphatic system to quickly reduce swelling 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 five key components required to apply the method. Problem-solving through case study presentations will help prepare participants to apply MEM to manage sub-acute and chronic edema, as seen in their specific patient populations as soon as they return to practice on Monday. This method is not applicable for primary lymphedema or post cancer (secondary) lymphedema treatment. This two-day course covers upper extremity and lower extremity, including specific hand, finger, foot and toe management, and appropriate compression application.

INSTRUCTOR: Sandra Heald Sublett, PT, DPT, OCS, CLT has practiced physical therapy in a variety of settings in 3 states since 1986 and is the owner of a specialty private practice PT & OT clinic in Cedar Rapids, Iowa. She received her BS in PT from The University of Texas Southwestern Medical Center, and transitional DPT from St. Ambrose University (Iowa) in 2008. She is a Certified Specialist in Orthopaedic Physical Therapy (2010,2020) and a Certified Lymphedema Therapist (2005.) Additionally, Dr. Sublett 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, Association of Orthopedic Foot and Ankle Surgeons (allied health member), 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. As an endorsed instructor of Manual Edema Mobilization, she has presented the full MEM course and topics related to edema management to professionals across the United States and internationally. 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 by reducing swelling. She is passionate about *creating a paradigm shift in swelling management!*

LEVEL: Introductory

AUDIENCE: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Certified/ Licensed Athletic Trainers

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.



School of Continuing Education Health Sciences

Content Focus:

Domain of OT: Client Factors

Occupational Therapy Process: Evaluation and Intervention

COURSE #: 1010-16022

PRICE: Early Price \$500.00 (On or Before 08/12/2024), Standard Price \$550.00 (After 08/12/2024)

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

LOCATION:

UW-Milwaukee Continuing Education
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161 West Wisconsin Avenue
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