

DATES: April 14-19, 2025

TITLE: Lymphedema I: Comprehensive Lymphedema and Venous Edema Management

DESCRIPTION: This course is designed to teach therapists the necessary skills and knowledge to safely and effectively administer treatment to patients suffering with the chronic condition of lymphedema. Participants will learn complete decongestive therapy (CDT), manual lymph drainage (MLD) techniques, compression bandaging, skin care, and appropriate exercises. This course combines various European lymphedema and soft tissue mobilization techniques, integrated with practical clinical oriented treatment techniques to achieve outcomes in the managed care market. At the conclusion of this six day, 62 hour introductory course, participants will be awarded applicable CE hours and full certification as a lymphedema therapist; (CLT). The course awards 62 hours (6.2 CEUs). An additional 18 hours (1.8 CEUs) may be earned with coursework completed at home.

UNIQUE TO THIS PROGRAM:

1. Therapists teaching therapists an integrated, practical approach which is applicable to the American reimbursement system
2. Critical problem-solving related to co-morbidities. One-third of the course is devoted to lymphatic system anatomy and physiology; one-third to theory and practice of manual lymphatic treatment and bandaging skills; one-third to exercise, skin care, patient evaluation/assessment, pneumatic pumps, compression garments, patient self-management, and clinic set-up topics such as insurance (codes, forms, etc.), marketing, support groups, and equipment
3. Lab time "hands-on" and mentoring is integrated into all sections equally (2/3 of class time)

CERTIFICATION: A certificate will be awarded to those who complete 62 hours (6.2 CEUs) of class time, evening written assignments, and pass a clinical competency test on the final day. The test consists of evaluating, treating, and performing manual lymphatic treatment and bandaging on a patient. Eighty hours (additional 18 hours, 1.8 CEUs) of certification will be awarded to those who complete additional coursework at home. The following sequential modules may allow participants to apply for the Lymphology Association of North America (LANA) exam: Lymphedema 1, Lymphedema 2, Lymphedema 3. Therapists who complete 135 hours of training in these three modules at UWM will be eligible to apply and sit for the Lymphology Association of North America (LANA) national certification exam. To meet LANA requirements, participants must complete at least 135 hours of training from one institution. This training cannot exceed four consecutive or cumulative courses. The coursework provided by the training school must meet the following requirements:

1. 45 hours ($\frac{1}{3}$ of 135 hours) delivered: in-person or asynchronous remote or synchronous remote or a combination of in-person, asynchronous remote, and/or synchronous remote
2. 90 hours ($\frac{2}{3}$ of 135 hours) delivered: in-person or synchronous remote or a combination of in-person and synchronous remote
3. In-person assessment by the program director or program instructor of psychomotor skills **MUST** occur in the same physical space; remote assessment will **NOT** be accepted. The assessment must include the following:

Psychomotor skill check covering a minimum of:

1. Upper and lower extremity MLD including pathways and truncal rerouting
2. Upper and lower extremity bandaging

Case-based practical examination to include but not limited to:

1. Student is expected to demonstrate their knowledge, skills, and abilities by critically reasoning through a medical case, followed by MLD and bandaging of that patient

It is the applicant's responsibility to keep updated on current LANA requirements.

OUTCOMES:

- Demonstrate familiarity with pathology of both lymphedema and venous edema
- Discuss anatomy and physiology related to the lymphatic and venous system
- Discuss interdisciplinary treatment provided by cancer specialists for breast and prostate cancer and its effects on lymphedema patients
- Demonstrate the four "pillars" of lymphedema treatment: Manual lymphatic treatment (MLT), low stretch bandaging, exercise/self-management, and skin care
- Apply hands-on experience working with a minimum of five unique patients in various stages and types of lymphedema and/or venous wound edema
- Develop and implement one hour therapist intensive treatment sessions with outcomes equal to or better than two to three hour therapist intensive treatment sessions
- Evaluate and establish a plan of care (POC) for a patient
- Create a patient self-management, measurement, and precaution program
- Evaluate and individualize treatment programs for subacute lower extremity orthopedic edema and lymphedema from venous insufficiency
- Demonstrate introductory taping, MFR, and scar management

INSTRUCTOR: 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.

LEVEL: Introductory

AUDIENCE: OTs, OTAs, PTs, PTAs, ATs, RN's, LPN's, MD's, DO's and Massage Therapists

CONTENT FOCUS:

Domain of OT: Areas of Occupation

Occupational Therapy Process: Evaluation, Intervention, and scar management

OUT OF CLASS REQUIREMENTS:

Pre-course Reading Assignments:

- Part 1: Chapters 1, 5, 6, 7, 9, and 10
- Part 2: Chapters 1, 3
- Part 3: Chapters 2, 7

During Course Assignments (*you can complete these prior to the course*):

- Part 2: Chapter 4
- Part 3: Chapter 6
- Part 4: Chapters 3, 4, and 5

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.
- Participants should bring a box of washable markers.
- Chikly, Bruno. *Silent Waves: Theory and Practice of Lymph Drainage Therapy: An Osteopathic Lymphatic Technique*. 3rd ed. 2017. Participants may either bring their own Silent Waves text or purchase it while registering for \$90.00.

CEU's / CLOCK HOURS: 6.2 CEUs (62 Clock Hours) + 1.8 CEUs (18 Clock Hours) awarded after completing extra credit case study

AGENDA:

Monday, Tuesday, Thursday, & Friday – 8:00am – 7:30pm

Wednesday – 8:00am – 9:00pm

Saturday – 8:00am – 12:15pm

Day 1	7:30 AM	Registration Opens / Continental Breakfast
	8:00 AM	Welcome / Introduction; Lymphedema History; Anatomy & Physiology
	11:45 AM	Lunch provided
	12:15 PM	A&P finish; MLT Lecture; MLT lab start
	5:30 PM	Dinner on own
	6:00 PM	Extra practice
	7:30 PM	Adjourn
	Homework:	(1) Work on take homework and terminology (2) Work on extra reading assignment from Silent Waves

Day 2	7:30 AM	Continental Breakfast
	8:00 AM	Q&A / review; Lymphedema Definition / types; Bandaging lecture / finger / toes, finger & toe bandaging lab, Self-bandaging
	11:45 AM	Lunch provided
	12:15 PM	MLT lab review / continue; Pump Points

5:30 PM Dinner on own
 6:00 PM UE bandaging lab
 7:30 PM Adjourn

Day 3

7:30 AM Continental Breakfast
 8:00 AM Q&A / review; Breast Cancer; Lymphedema Pumps
 11:45 AM Lunch provided
 12:15 PM Homework turn in / review; Exercise & Aquatic Exercise; LE bandaging lab; Test Review
 5:30 PM Dinner on own
 6:00 PM Pathway lab; Practical test / Pass off
 7:30 PM Adjourn
 Homework: (1) In manual read protocols; precautions-make up precautions list

Day 4

7:30 AM Continental Breakfast
 8:00 AM Venous Edema / Wound lecture
 11:30 AM Lunch provided
 12:15 PM Garments; Breast MLT Lab; Genital MLT Lab; Face MLT Lab
 5:30 PM Dinner on own
 6:00 PM Review Bandaging & MLT; Written test – take home
 7:30 PM Adjourn

Day 5

7:30 AM Continental Breakfast
 8:00 AM Grade take home test; Skin Care
 11:30 AM Lunch Provided
 12:00 PM Documentation; Kinesio Taping Lecture; Taping Lab; MFR Lecture; MFR Lab
 5:30 PM Dinner on own
 6:00 PM Review Bandaging, MLT & Taping
 7:30 PM Adjourn

Day 6

7:30 AM Continental Breakfast
 8:00 AM Patient evaluations in groups / planning a treatment program, treating a patient
 11:00 AM Case Study Presentation / Round Table
 12:10 PM Class Picture
 12:15 PM Adjourn

- 54 hours of classroom time included in this course.
- 8 hours of pre-course and evening study time expected to complete assignments.

- **62 hours total of educational experience.**
- 18 additional hours will be awarded for completion of the case study within 3 months of the class.

ABOUT UNIVERSITY OF WISCONSIN-MILWAUKEE:

The University of Wisconsin-Milwaukee is recognized as one of the nation's top 115 research universities by the Carnegie Classification of Institutions of Higher Education. UWM is committed to engaged research that benefits our local community, our state and the world. UWM partners with leading companies in Wisconsin and beyond to advance knowledge, bring new discoveries to market and prepare students for work in a global economy. During the College of Health Sciences 43-year history, the College's research and health sciences education have contributed significantly to improving the quality of life for people in Milwaukee and beyond. UWM College of Health Sciences offers continuing education courses throughout the year.

COURSE #: 1010-16676

PRICE: \$1,545.00 (or \$1,635.00 with textbook) before 03/14/2025;
\$1,595.00 (or \$1,685.00 with textbook) after 03/14/2025

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