Lymphedema Therapy Certification

Course Description:

This stimulating 135-hour course teaches you the skills and knowledge necessary to safely and effectively treat patients with lymphedema. You will learn Manual Lymph Drainage (MLD), compression bandaging, skin care, and patient-appropriate exercises.

The course begins with a 45-hour Home Study Module that can be completed at your leisure anywhere you have access to the internet. The online study is followed by 90 hours of classroom (lab) instruction over nine days. We recommend that you register at least four weeks prior to the start of the in-classroom portion of the course so you’ll have time to complete the required Home Study Module at a comfortable pace.

About Complete Decongestive Therapy (CDT)

CDT is the most effective treatment for chronic extremity lymphedema. Primary lymphedema (congenital) and secondary lymphedema (due to a damaged lymphatic system) respond extremely well to this gentle, non-invasive and highly-effective therapy. CDT is sometimes referred to as Complete Decongestive Physiotherapy (CDP). CDT consists of the following four steps:

Manual Lymph Drainage (MLD):

MLD is a gentle manual treatment which improves the function of the lymphatic system throughout the body. The techniques of MLD were first introduced in the 1930s by Dr. Emil Vodder, PhD, MT, of Denmark. MLD is widely recognized in the United States as an effective treatment for post-surgical swelling, post-traumatic edema (as with sports injuries), migraine headaches, rheumatoid arthritis, fibromyalgia, and other conditions involving edema. When used to treat lymphedema, MLD re-routes lymph flow around blocked areas and into healthy lymph vessels which drain into the venous circulation.
**Compression Therapy:**

Compression therapy improves the efficiency of the muscle and joint pump and increases tissue pressure. Multi-layered compression bandages are applied between MLD treatments to help prevent re-accumulation of evacuated fluid. Once the patient’s limb is sufficiently decongested through repeated treatments, they can be fit with compression garments.

**Exercises:**

Exercises are performed with compression bandages in place to activate the muscle and joint pumps of the affected extremity. This results in an increase in lymphokinetic activity and further reduction of the swollen limb over time.

**Skin Care:**

Skin care and general hygiene are essential to eliminate bacterial and fungal growth which can cause repeated attacks of cellulitis or erysipelas. Infections are very common complications of lymphedema so meticulous skin and nail care is vital.

**Home Study Module**

Prior to the start of the classroom (lab) portion of the course, you will need to complete a 45-hr Home Study Module that introduces you to lymphedema and the techniques used to treat it. The Module also ensures that every student coming into the classroom has a thorough understanding of the anatomy and physiology of the lymphatic system. The Module is mainly composed of the viewing of DVDs and online lectures accompanied by a course manual that allows easy review and note-taking. You’ll also have several key articles to read. Most of the lectures will be followed by a quiz to ensure your understanding of the material. The Home Study Module MUST be completed prior to the start of the classroom (lab) portion.

Topics covered by the Module include:

- Anatomy, physiology and pathophysiology of the lymphatic system. (NOTE: These lectures are given by the dynamic Dr. Kathleen Francis, an expert in the treatment of lymphedema.)
- Diagnosis and differential diagnosis of lymphedema
- Introduction to MLD
- Introduction to lymphedema bandaging and compression therapy
- Indications and contraindications of MLD and CDT
Exercises for patients with lymphedema
- Patient evaluation and weekly measuring (circumference and volume)

Classroom (Lab)

After completing the 45-hr Home Study Module, you’ll be prepared for the 9-day in-classroom portion which is largely composed of the instruction and practice of Manual Lymph Drainage (MLD) and compression bandaging.

Topics include:
- Basic and advanced techniques and sequences of MLD (Vodder technique)
- Treatment of primary and secondary extremity lymphedema
- Treatment of head and neck, genital, and pediatric lymphedema
- Introduction to lymphedema bandaging and compression therapy
- Lymphedema bandaging techniques for upper and lower extremities
- Skin and nail care for patients with lymphedema
- Measuring and fitting techniques for lymphedema support garments
- Home maintenance and self-treatment for lymphedema

Course Objectives

Each participant will be trained in the four components of Complete Decongestive Therapy. Upon completion of the class, the therapist will be able to differentiate between a variety of peripheral edemas, as well as understand the application, medical indications, and contraindications for MLD and CDT. The therapist will be able to establish a CDT treatment plan for individuals with primary and secondary lymphedema and perform the treatment for lymphedema accordingly.

Course Materials

The following items are included in your tuition. Some of these materials will be mailed to you when you register. Others, you’ll receive in class.
- Textbook of Lymphology by Profs. M. and E. Foeldi (optional)
- Course Study Manual divided into 15 sections
- Lymphedema bandaging materials for upper and lower extremities
- Lymphatic system posters (set of three)
- Manual Lymph Drainage DVD
- Genital Lymphedema Treatment DVD
- Limb Volume Calculation CD (Trial Version)
- Access to 80+ reference articles and instructional videos on klosetraining.com
- Elvarex Training Manual
- Free listing on the Klose Training online Therapist Directory (Great for referrals!)
- Samples, brochures and catalogs from many companies who support patients with lymphedema
Measuring tapes
And more…

Class Times

A total of 135 hours of instruction is provided in this MLD/CDT Certification course. After completion of the mandatory 45-hr Home Study Module, students will receive 90 hours of classroom instruction over a 9-day period. Usual class hours are: Friday – Saturday (of the following week) 8:00am – 7:00pm.

Prerequisites

This course is offered to all Physical Therapists, Occupational Therapists, Physical Therapist Assistants, Occupational Therapist Assistants, Massage Therapists*, Nurses, Athletic Trainers Certified, Nurse Practitioners, Medical Doctors, Doctors of Osteopathic Medicine, and Doctors of Chiropractic.

*Massage therapists must show proof of completion of a minimum of 500 hours of massage education or be certified through the NCBTMB.

Disability Accommodations

All classes are held in accessible hotels or medical facilities. In addition, Klose Training is committed to providing reasonable accommodations to individual students who have a disability. Students should call Klose Training directly (303-245-0333) at least three weeks before the start of your class to discuss your needs.

Tuition

Tuition for the full Lymphedema Therapy Certification course is $3100. A deposit of $700.00 is required at the time of registration to hold your spot and allow us to send your Home Study Module course materials. The balance must be paid no less than three (3) weeks prior to the start of the in-classroom portion of the course. For our refund and cancellation policy, please refer to the Student Agreement.

Please contact our office for information on discounts and payment plans.

Registration

Please click here to print the registration form or to register online. We recommend that you register at least four weeks prior to the start of the in-classroom portion of the course so you'll have time to complete the required Home Study Module at a comfortable pace.

Student Agreement

The following Student Agreement must be signed and submitted before the commencement of class. KTC Lymphedema Therapy Certification Course Student Agreement

Certificate/Continuing Education Credits (CEUs)

135 contact hours are available for Physical, Occupational, and Massage Therapists. Contact hours are approved for LANA recertification. For information on Continuing Education Units (CEUs), click here.
Directions & Accommodations

Directions and suggested accommodations will be provided with your confirmation packet. Course location details can also be accessed from the KTC Schedule page by clicking on the location name. You may also contact our office at 303-245-0333 or email us at info@klosetraining.com

REGISTER FOR THIS COURSE