Lymphedema and Complete Decongestive Therapy

Complete Decongestive Therapy is the Gold Standard for Lymphedema Treatment

Lymphedema is an abnormal accumulation of protein rich fluid due to a mechanical insufficiency of the lymphatic system resulting in excess swelling and soft tissue damage in a limb. The lymph system is impaired, limiting normal transportation of lymph fluid as it returns to the circulatory system. In the U.S., lymphedema is related to secondary causes such as cancer treatment and primary causes such as a congenital impairment of the lymphatic system.

This educational offering will provide you with an intense understanding of the imbalance of fluids at the capillary bed and lymphatic drainage and transport. You will understand the "why" behind the effectiveness of Complete Decongestive Therapy through a thorough understanding of the lymphatic system and individual patient treatments. Pictures and videos of real patient treatments will be shown throughout the educational offering to strengthen your knowledge base.

Course Director

DEBORA HICKMAN, DPT, WCS, CLT-LANA, CMP, graduated from Loma Linda University in 1996 with a master’s degree in Physical Therapy, and in 2006 with a doctoral degree in Physical Therapy. In addition to a Lymphedema Certification with the Lymphology Association in 2001, she was also certified in 2009 as a Women’s Health Clinical Specialist. She has lectured at the 2009 APTA Combined Section Meeting on Lymphedema, is an adjunct professor at Loma Linda University, and a volunteer member for the American Physical Therapy Association of Specialization Academy of Content Experts. She is the owner of Function Ability Physical Therapy where she specializes in Women’s Health and Lymphedema. She has a passion for osteopathic therapeutic approaches and incorporates this concept into all treatments.

What You Will Learn

- List the 4 functions of the lymphatic system
- Justify 5 acceptable treatment options to incorporate with a patient who is in stage 2-3 (moderate to severe) of lymphedema
- Design a proper treatment plan using Kinesio-taping to reduce lymphedema in a patient
- Restate the 4 classifications of pressure that are recommended in compression garments for lymphedema patients in Class I-IV
- Compare the 5 manual lymphatic drainage techniques that can be used in a treatment plan to improve lymphatic transport in the thoracic duct

Recommended For

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants

Cost to Register is $199

For more information on this and other programs, please contact us at:
Cross Country Education
(800) 397-0180 • (615) 331-4422 • FAX (615) 346-5350
P.O. Box 200 • Brentwood, TN 37024

www.CrossCountryEducation.com

Continuing education available for Occupational Therapists and Physical Therapists
HISTORY OF LYMPHEDEMA
• Lymphedema treatment pioneers

ANATOMY OF THE LYMPHATIC SYSTEM
• Lymph organs
• Lymph nodes
• Lymph fluid
• Lymphatic circulatory system
• Functions of the lymph system

PHYSIOLOGY OF THE LYMPHATIC SYSTEM
• Starling law
• Diffusion
• Osmotic pressure
• Hydrostatic pressure
• Re-absorption
• Ultra-filtration
• Mechanical insufficiency
• Dynamic insufficiency

LYMPHEDEMA
• Types
• Symptoms of lymphedema
• Medical analysis
• Classifications of lymphedema
• Stages of lymphedema
• Treatment options

COMPLETE DECONGESTIVE THERAPY
• Indications for MLD
• MLD contraindications
• Treatment phase/maintenance phase
• Protecting first line of defense
• Manual lymph drainage
demo videos
lab(demo only)
• Short stretch bandaging
demo videos
lab(demo only)
• Lower extremity bandaging
• Exercises in lymphedema
• Limb clearance exercises
• Compression garments
• Complete decongestive therapy goals
• Independence in self care
• Plan of care

PHYSICAL THERAPY EVALUATION
• Multi-system effects
• History
• Systems review
• Tests and measures
• Volume of limb
• Volume of a cone
• Evaluation/analysis
• Prognosis
• Intervention
• Procedural intervention
• Outcome measures
• Risk management
• Unhealthy lymphatic system

RESEARCH
• Kinesio® Taping theory
• Kinesio® Taping research
• CLT evidence
• Evidence in UE exercise
• Limiting activity after breast cancer surgery
• Effectiveness of CDT

Register at www.CrossCountryEducation.com
Continuing Education Credit

If you do not see your respective state listed, please review your rules/regulations to see if you qualify for continuing education based on an approval by another state board/association.

Physical Therapists: This program has been submitted to the Oklahoma State Board of Medical Licensure & Supervision for preapproval of 6 contact hours. This program has been submitted to the West Virginia Board of Physical Therapy for 6 Continuing Education hours. This program has been submitted to the Louisiana Physical Therapy Board for approval of 3.5 contact hours for Physical Therapists and Physical Therapy Assistants. This activity has been submitted to the FSBPT for certification. FSBPT certification is accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. FSBPT’s ProCert certification is currently accepted by Alabama (effective October 1, 2013), Arkansas, Arizona, California, Delaware, District of Columbia, Georgia, Indiana, Kansas, Kentucky, Montana, Nebraska, North Carolina, Oregon, South Carolina, Tennessee, Utah, Vermont, Virginia and Wisconsin. This program has been submitted to the Florida Physical Therapy Association for approval of 7 contact hours. Cross Country Education is seeking Direct Access approval from the Pennsylvania State Board of Physical Therapy. This program has been submitted for 6 CEUs to the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants. This program has been approved for 6 continuing education credits by the District of Columbia Board of Physical Therapy for Physical Therapists. This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours. This course content is not intended for use by any participants outside the scope of their license or regulation. This program has been approved by the Kentucky Physical Therapy Association for 6 contact hours (Category 1) Approval #CS74-2011-KPTA. This approval is valid until 10/31/2015. This course has been approved by the Maryland State Board of Physical Therapy Examiners for 0.6 CEUs. This program has been submitted to the Minnesota Board of Physical Therapy for 3.5 continuing education hours. NCBPTE approval by virtue of approval by the New York State Education Department, Office of the Professions, State Board for Physical Therapy licensure board or state APTA chapter Approval good through 8/31/2015. This program has been submitted for 6 continuing education credits to the New Jersey State Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants. This program has been submitted to the NV State Board of Physical Therapy Examiners for approval of CEUs. Cross Country Education is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 7.2 contact hours. This program has been submitted to the New Mexico Physical Therapy Board for 6 contact hours. This course has been submitted to the Texas Board of Physical Therapy Examiners for 0.6 continuing education hours for PTs and PTAs. This meets the IN-FT approval under 844 IAC 6-8-5 Approved Organizations #9, please contact IN Board or Association if you have questions.

Occupational Therapists, Occupational Therapist Assistant: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 1: Domain of OT, 2: Occupational Therapy Process. Cross Country Education is an approved provider #50-466 with the Florida Department of Health Board of Occupational Therapy Practice. This course is approved for 6 contact hours for Occupational Therapist and Occupational Therapy Assistants.

Other Professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please supply the appropriate license/certification number on the evaluation form.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Requirements: Please note that full attendance and the completion of a post course assessment with a score of 75% or greater is required to receive full credit. Variable credit will not be awarded.

Technology Statement: On-Demand (webcast) you will need to set up a personal portal account via Cross Country Education’s website at www.crosscountryeducation.com and have access to a computer with sound device. Participants will receive the recording, course manual, post-test, evaluation including a self-reflection addendum.

DVD is sent through the mail (USPS) and you will need access to a DVD player. Participants will receive Instructions Sheet, course manual, video-recording (DVD), post-test, scantron answer sheet, evaluation form including a self-reflection addendum.

Our Guarantee
Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

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Confirmations & Cancellations

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