

SCHEDULE

Upper Extremity Lymphedema Therapy Certification

Klose Training

Except as otherwise specified, all units include an introduction to a technique and instructor demonstration followed by hands-on practice under the tutelage of the instructor.

1st Day

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| 8:00 – 9:00 | Lecture: Introduction, orientation, overviews |
| 9:00 – 9:50 | Lecture: Introduction to MLD and UE sequence |
| 9:50 – 10:00 | Break |
| 10:00 – 11:30 | Lab: MLD sequences - instruction and practice |
| 11:30 – 11:40 | Break |
| 11:40 – 12:30 | Lab: MLD sequences - instruction and practice (cont.) |
| 12:30 – 1:30 | Lunch break |
| 1:30 – 2:40 | Lab: MLD sequences - instruction and practice (cont.) |
| 2:40 – 2:50 | Break |
| 2:50 – 4:00 | Lab: MLD sequences - instruction and practice (cont.) |
| 4:00 – 5:30 | Lab: Intro to UE bandaging |
| 5:30 – 5:40 | Break |
| 5:40 – 7:00 | Lab: Intro to UE bandaging (cont.) |

2nd Day

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|---------------|---|
| 8:00 – 9:00 | Lecture: Review of Home Study |
| 9:00 – 9:10 | Break |
| 9:10 – 10:50 | Lab: MLD sequences - instruction and practice |
| 10:50 – 11:00 | Break |
| 11:00 – 12:30 | Lab: MLD sequences - instruction and practice (cont.) |
| 12:30 – 1:30 | Lunch break |
| 1:30 – 3:20 | Lab: MLD sequences- instruction and practice (cont.) |
| 3:20 – 3:30 | Break |
| 3:30 – 5:20 | Lab: Bandaging for the UE |
| 5:20 – 5:30 | Break |
| 5:30 – 7:00 | Lab: Bandaging for the UE (cont.) |

3rd Day

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| 8:00 – 9:00 | Lecture: Review of Home Study CDT section |
| 9:00 – 9:10 | Break |
| 9:10 – 10:50 | Lecture: UE frequent findings; Intro to compression bandaging options |
| 10:50 – 11:00 | Break |
| 11:00 – 12:30 | Lecture: Introduction to compression bandaging options (cont.) including Coban 2 |
| 12:30 – 1:30 | Lunch break |
| 1:30 – 2:50 | Patient demo |
| 2:50 – 3:00 | Break |
| 3:00 – 5:00 | Lab: MLD sequences - practice and instructor evaluation |
| 5:00 – 5:10 | Break |
| 5:10 – 6:00 | Lab: MLD sequences - practice and instructor evaluation (cont.) |
| 6:00 – 7:00 | Lab: Bandage practice and Q & A |

4th Day

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|---------------|---|
| 8:00 – 9:00 | Lecture: Integration of concepts |
| 9:00 – 9:10 | Break |
| 9:10 – 11:00 | Practice case studies |
| 11:00 – 11:10 | Break |
| 11:10 – 12:30 | Lecture: Introduction to fibrose tissue techniques and compression foam inserts |
| 12:30 – 1:30 | Lunch break |
| 1:30 – 3:00 | Lab: MLD practice and final examination of technique of UE students |
| 3:00 – 3:10 | Break |
| 3:10 – 5:00 | Lab: MLD practice and final examination of technique of UE students (cont.) |
| 5:00 – 5:10 | Break |
| 5:10 – 7:00 | Lab: MLD practice and final written exam for UE students only |

5th Day

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|---------------|---|
| 8:00 – 9:50 | Lecture: Introduction to lymphedema organizations and resources |
| 9:50 – 10:00 | Break |
| 10:00 – 11:15 | Lecture: Compression garment measuring and fitting (UE) |
| 11:15 – 11:25 | Break |
| 11:25 – 12:30 | Lecture: Compression garment measuring and fitting (UE) (cont.) |