

Convenient • **Efficient** • **Engaging**



**Lymphedema Therapy
Certification
and Online Education**



Klose Training
Lymphedema Education
klosetraining.com

The Power of Lymphedema Certification

To safely and effectively treat patients with lymphatic disorders, therapists must receive additional training.

Complete Decongestive Therapy (CDT) is the standard of care for the treatment of primary and secondary lymphedema. CDT is also extremely beneficial for managing post-traumatic, post-surgical edema, chronic venous insufficiency (CVI) and patients with wounds. With the techniques you'll learn in our Lymphedema Certification Course, you'll vastly improve your competency when working with patients suffering from lymphedema and/or orthopedic issues.

At Klose Training, you'll receive individual attention from the moment we first hear from you. This personal touch continues through your initial training and extends throughout your career by providing help with difficult-to-treat patients.

Klose Training was established by Guenter Klose, the only Certified MLD/CDT Instructor actively teaching in the United States. Guenter was trained in Complete Decongestive Therapy at the world-renowned Foeldi Clinic in Germany in 1984. His extensive experience and his ongoing relationship with the progressive and creative therapists and physicians of the Foeldi Clinic have resulted in Klose Training offering the highest-quality Lymphedema Therapy Certification courses in this country.

We offer the most cost-effective and up-to-date lymphedema therapy certification course available. Our students receive the most comprehensive package of study materials and a free, lifetime listing on our online Therapist Directory.

Our instructors are the most experienced in the field. All are LANA-Certified and continue to work as full-time clinicians, treating patients with lymphedema. Our medical director, Kathleen Francis, MD, a physician specializing in lymphedema, provides a comprehensive lecture on lymphedema as part of our 135-hour lymphedema therapy curriculum.

We also offer a variety of online and in-classroom continuing education courses, all of which are outlined in this catalog. These classes provide an excellent opportunity to advance your lymphedema treatment skills, acquire knowledge of new therapy techniques, network with other experienced therapists, and earn continuing education credits (including for LANA recertification).

We look forward to welcoming you to a Klose Training course soon.



Before CDT



After CDT



Klose Training
Lymphedema Education

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Lymphedema Therapy Certification



This engaging 135-hour course teaches you the skills and knowledge necessary to safely and effectively treat patients with lymphedema using Complete Decongestive Therapy (CDT).

The course begins with a 45-hour Home-Study Module that can be completed at your own pace 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.

Complete Decongestive Therapy (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 consists of the following four components:



Manual Lymph Drainage (MLD) is a very gentle manual treatment which improves the function of the lymphatic system throughout the body. In lymphedema therapy, MLD is used to re-route the lymph flow around blocked areas into healthy lymph vessels which drain into the venous circulation.



Compression Therapy increases tissue pressure and improves the efficiency of the muscle and joint pump. Multi-layered compression bandages are applied between MLD treatments to help prevent re-accumulation of evacuated fluid.



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



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 a vital component of treatment.

"This is the best CE course ever! Great to be at a course where student learning is the #1 priority. I feel confident to go back to work and use these techniques right away. Absolutely top notch."

"This was an excellent course. It far exceeded my expectations. The organization of the course was fantastic. It was well thought out with a great day-to-day sequence."

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.

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Online Home-Study Module

The online Home-Study Module introduces you to lymphedema and the techniques used to treat it. The Module is composed of engaging lectures and videos accompanied by a course manual that allows easy review and note-taking. All lectures are 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 include:

- Anatomy, physiology and pathophysiology of the lymphatic system
- Diagnosis and differential diagnosis of lymphedema (physician-taught)
- Introduction to Manual Lymph Drainage (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)
- Self-MLD sequences for all extremities

Classroom (Lab)

After completing the 45-hr online Home-Study Module, you'll participate in our 9-day (90-hr) classroom training that focuses on practicing 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
- Lymphedema bandaging techniques for upper and lower extremities
- Coban 2 bandaging
- Skin and nail care for patients with lymphedema
- Measuring and fitting techniques for lymphedema support garments
- Home maintenance and self-treatment for lymphedema

Continuing Education Credits

For a list of professional boards that have pre-approved this course for CEU's, please visit:
klosetraining.com/course/ceu-approvals.

Course Materials & Resources

The following items are included in the tuition and are given to each participant prior to, during, or after their training.

- Course manual divided into 16 sections
- Lymphedema bandaging materials for upper and lower extremities
- Lymphatic system posters (set of three)
- Lymphedema Life Impact Scale and G-Code Calculator
- Jobst Elvarex compression garment certification
- Product samples, brochures and catalogs from many companies which support patients with lymphedema
- Free listing on the Klose Training online Therapist Directory (Great for referrals!)
- One full year of complimentary access to the lectures, videos and quizzes of our online Home-Study Module following your class (A GREAT resource to prepare for the LANA exam!)
- Exclusive, lifetime access to reference articles, treatment forms, instructional videos and resources on Klose Training's Graduates Page
- Resources for preparing for the LANA exam
- and more...

\$3100.00 • 135 contact hrs

Upper Extremity Option

If you work only with upper-extremity patients or you would like to reduce your time away from work, you can take the 45-hr home-study module plus the first half of the classroom lessons (45 hrs) to become certified as an Upper-Extremity Lymphedema Therapist. You are welcome to complete your full certification at a later time.

\$2100.00 • 90 contact hrs

LANA Exam

This course meets the educational requirements to sit for the Lymphology Association of North America (LANA) exam. For more information on the LANA exam, visit clt-LANA.org.

For more information, visit klosetraining.com or call 303-245-0333.

Other In-Classroom Courses



Breast Cancer Rehabilitation

Jodi Winicour, PT, CMT, CLT-LANA

- Receive the most up-to-date information available
- Review current oncological management protocols
- Learn and practice valuable manual techniques

No prior lymphedema certification needed!

This 2-day course provides essential knowledge of outpatient therapeutic approaches in breast cancer care. A comprehensive review of current diagnostic, surgical, radiation, reconstructive, and medical oncologic management for breast cancer is included. Special attention is given to the evaluation and treatment of axillary web syndrome (cording), postural and scapular dysfunction, and upper-quadrant soft-tissue changes following breast cancer surgery and radiation therapy. Instruction is provided through lecture, case studies, lab, and video presentations. Each day will be divided into two sections: theoretical and hands-on practice.

\$450 • 16 contact hrs

"One of the best CE courses I've ever taken and Jodi is one of the best instructors I've ever had – lots of good info, very clear, good sense of humor, very organized. Loved it!!"

"Best-ever verbal cuing/descriptions in lab. Excellent course. LOVED the video teaching for labs. Excellent organization, book, presentation."



Advanced & Review at the Foeldi Clinic in Germany

Prof. Etelka Foeldi, Guenter Klose, and other lymphedema specialists

- Learn the latest techniques from world-renowned clinicians
- Join lymphedema therapists from around the globe
- Receive advice on your toughest cases
- Enjoy the beauty of Germany's Black Forest

Open to all CLTs!

This 4½-day course attracts lymphedema-certified healthcare professionals from around the world to the renowned Foeldi Clinic. Taught in English, Guenter Klose, CLT-LANA, MLD/CDT Certified Instructor, reviews the anatomy, physiology, and pathophysiology of the lymphatic system as well as the techniques and sequences of MLD (Vodder technique) and Complete Decongestive Therapy (CDT). The latest diagnostic and imaging procedures for the lymphatic system will be discussed and patient case studies will be presented by the Clinic's senior chief therapist and staff physicians. Students are encouraged to contribute their own challenging cases for review. Each year brings a different focus. Bonus: Lunch is included in your tuition.

\$995 • 35 contact hrs

"Best class experience I have ever had. The material, patients, location, and instructors...truly a once-in-a-lifetime learning experience."

"Yet another fascinating week. I always leave here re-invigorated and with a renewed passion for what I do."

"I thoroughly enjoyed the course. The content was all relevant and excellent. I enjoyed the many opportunities for networking and sharing expertise between all course participants."

Online CE Courses for Lymphedema

- Avoid travel costs and missed time from work
- Progress through courses at your own pace
- Review lessons as many times as you like
- Advance your lymphedema therapy skills
- Enjoy your “front-row” seat



Obesity and Obesity-Related Lymphedema & Lipedema

Tobias Bertsch, MD, PhD, Senior Consultant

A must-see for every Certified Lymphedema Therapist and referring physician! There are many misconceptions about obesity and its association with lymphedema and lipedema. Many common myths negatively impact the treatment provided to patients suffering from these diseases. This lecture will change your attitude about obesity and alter your therapeutic approach and typical recommendations for patients suffering from obesity, lymphedema, and/or lipedema.

\$125 • 2.5 contact hrs



Strength After Breast Cancer

Kathryn Schmitz, PhD, MPH, FACS

Prepares therapists to deliver the Strength After Breast Cancer program, an evidence-based rehabilitative exercise program for breast cancer survivors based on the Physical Activity and Lymphedema (PAL) Trial. The Trial demonstrated the safety and efficacy of slowly progressive weightlifting for breast cancer survivors with or at risk for lymphedema. Lymphedema exacerbations decreased by 50%, lymphedema onsets decreased by 70% (among women with 5+ nodes removed), and participation prevented the decline in physical function that often occurs in breast cancer survivors. Trial subjects also had improved body composition, body image, and upper body symptoms. This course provides all the instruction and materials needed to set up the Strength ABC program in your own facility.

\$125 • 4.5 contact hrs



Elastic Taping For Lymphedema

Ruth Coopee, MOT, OTR/L, CHT, MLD/CDT, LMT

Teaches how to safely and effectively utilize the technique of elastic taping on patients with lymphedema. After an overview of the history and theory of elastic taping, you are then guided through elastic taping techniques for the upper and lower extremities and difficult-to-bandage areas such as the trunk, breast, and head & neck.

\$190 • 6.5 contact hrs



Axillary Web Syndrome

Jodi Winicour, PT, CMT, CLT-LANA

Describes the clinical presentation of Axillary Web Syndrome (AWS), outlines possible causes, and recommends current therapeutic options for this condition. AWS, otherwise known as cording, is a very common sequella of breast cancer surgery. The course format includes numerous video segments of patients with AWS, common exercises, and treatment techniques to use in your practice.

\$90 • 3.25 contact hrs



Head & Neck Lymphedema Management

Heidi Miranda-Walsh, OTR/L, CHT, CLT-LANA

Addresses the unique treatment challenges associated with patients with lymphedema of the head and neck following surgery and/or radiation therapy for cancer. Course content includes a lecture on the sequelae related to cancer treatment followed by a thorough discussion of the role of appropriate therapeutic post-operative and post-radiation intervention. Compression therapy applications as well as techniques of Manual Lymph Drainage (MLD) for patients with lymphedema of the head and neck are demonstrated in great detail. This course emphasizes the importance of a multi-disciplinary approach in the diagnosis and management of patients with head and neck cancers and subsequent lymphedema. Additional rehabilitation considerations, including therapy for trismus and shoulder dysfunction, are also covered.

\$190 • 6.75 contact hrs



The Role Of Exercise In Lymphedema Management

Jodi Winicour, PT, CMT, CLT-LANA

Provides a detailed overview of the latest research and therapeutic approaches to exercise in the management of patients with lymphedema. This information is essential for any practicing lymphedema therapist because it challenges what many were taught about the presumed need to limit exercise for patients with lymphedema. Jodi Winicour, whom many of you know from our Breast Cancer Rehabilitation and Lymphedema Therapy Certification courses, presents the material in an easy-to-follow, engaging manner.

\$70 • 2.5 contact hrs



Physician's Lecture On Lymphedema

Dr. Kathleen Francis, MD

Provides an excellent overview of lymphedema in an interesting and easy-to-follow manner. This course is beneficial to all medical professionals who want to educate themselves about lymphedema but are unable to commit to completing a lymphedema certification course. This course teaches the difference between primary and secondary lymphedema and their causes as well as how to differentiate between a variety of peripheral edemas. You'll learn the medical indications and contraindications for Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT) and how to recognize the signs and symptoms of infections in patients with lymphedema.

\$295 • 10.5 contact hrs

BONUS: This course includes a lecture on Complete Decongestive Therapy (CDT) for lymphedema with Guenter Klose, MLD/CDT Certified Instructor, CLT-LANA.



Differential Diagnosis: Identifying The Etiology Of Edema

Jennifer Ryan, PT, MS, DPT, CCS

Teaches how to establish the source of a patient's edema by discussing specific measures, lab values, and a patient's past medical history. Comprehensive decongestive therapy may be quite different if unilateral or bilateral edema is due to an underlying disease or condition other than lymphedema.

Using a sample case of a patient with bilateral edema, this course goes step-by-step through the evaluation process used to determine how aggressively to treat the edema or whether the patient should instead be referred to their primary care provider. This course also teaches the prediction rules used to determine if a patient's unilateral edema might be due to a deep venous thrombosis (DVT) rather than lymphedema.

\$90 • 3.25 contact hrs





Lymphedema Therapy Certification and Continuing Education Courses

- Lymphedema Therapy Certification
- Upper Extremity Lymphedema Therapy Certification
- Advanced & Review at the Foeldi Clinic in Germany
- Breast Cancer Rehabilitation

Online Continuing Education

- Obesity and Obesity-Related Lymphedema and Lipedema
- Strength After Breast Cancer
- Elastic Taping for Lymphedema
- Head & Neck Lymphedema Management
- Axillary Web Syndrome
- The Role of Exercise in Lymphedema Management
- A Physician's Lecture on Lymphedema
- Anatomy and Physiology of the Lymphatic System
- Differential Diagnosis: Identifying the Etiology of Edema

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