

60-hour Lymphedema Certification Course Schedule*

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00	Introduction & Orientation, FDAQ	Integration of concepts: Review of FDAQ, Q&A	Patient demo (virtual)		#19 Written Exam		Integration of concepts: Additional CSs; edema vs. lymphedema?
8:30							
9:00	MLD: Stationary circle, pump, rotary neck, abdomen, axillary and inguinal LN	MLD: UE Sequence without arm	MLD: self-directed with instructor	MLD: LE sequence	Self-directed MLD practice (LE)	Independent MLD practice/exam	Awarding Certificates & Final Remarks
9:30							
10:00							
10:30							
11:00		MLD arm sequence (Group 1)					
11:30							
12:00							
12:30	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	End of class
1:00							
1:30	MLD: UE Sequence (anterior trunk only)	MLD arm sequence (Group 2)	Self-bandaging with Caresia and Q&A about HEP and self-care	Fibrous tissue techniques	LE Bandaging practice	LE Bandaging and CS exam	
2:00							
2:30		UE Bandaging with gray foam	Bandaging UE with gray foam and dorsal pad				
3:00	UE Bandaging with Rosidal-soft	Integration of concepts: Compression garments; review of daytime and nighttime garments	Integration of concepts: UE case studies	LE Bandaging with gray foam	Integration of concepts: LE case studies		
3:30							
4:00							
4:30							
5:00							
5:30							
6:15							

*Subject to change without prior notice

FDAQ = First Day Assessment Quiz