

Lymphedema Therapy Online Certification (125-hours)

Course Description:

Klose Training is proud to offer an innovative and comprehensive 125-hour Lymphedema Therapy Certification course **completely online**. This course teaches participants the theory and skills necessary to safely and effectively treat patients with lymphedema using Complete Decongestive Therapy (CDT). Participants will learn Manual Lymph Drainage (MLD), compression bandaging, skin care, and patient-appropriate exercises. Upon successful conclusion of the course, participants will be certified in Lymphedema Therapy (CLT) and have the competence and confidence to immediately start effectively treating patients with primary and secondary lymphedema and related conditions.

The course begins with a 45-hour Online Study Module that can be completed at your own pace anywhere you have access to the internet. The remaining 80 hours of curriculum is completed in a 6-week or 10-week track through live, instructor-led Zoom sessions, pre-recorded online content and carefully crafted homework assignments to develop and hone your MLD and bandaging skills. We have high standards at Klose Training and we've included a number of progress checks along the way to ensure quality and rigor. This course was successfully beta tested with several therapists from various backgrounds in rehabilitation therapy. **It is effective, convenient and cost-saving**. It consists of the same comprehensive curriculum as our live classes.

Educational Level: Intermediate/Advanced

Instructional Method: Online/Distance Learning

AOTA Classifications: Occupational Therapy Process- Evaluation, Intervention, and Outcomes

Course Structure and Topics:

Step 1: Pre-course Study Module

Prior to the start of the Instructor-led portion of the course, you will complete a 45-hr online Study Module that introduces you to lymphedema and the techniques used to treat it. The lessons ensure that every student has a thorough understanding of the anatomy and physiology of the lymphatic system, prior to the instructor-led Zoom sessions. The Module is composed of dynamic video lectures and demonstrations. Included is a lecture by Dr. Kathleen Francis, one of the few physicians in the U.S. specializing in lymphedema. An accompanying course manual reinforces the video presentations. The Study Module must be completed prior to the start of the instructor-led Zoom sessions.

Topics covered by the Pre-course Study Module include:

- Anatomy, physiology and pathophysiology of the lymphatic system.
- Diagnosis and differential diagnosis of lymphedema
(NOTE: These lectures are presented by the dynamic Dr. Kathleen Francis, an expert in the treatment of lymphedema.)
- 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
- Skin care for patients with lymphedema

- Patient evaluation and weekly measuring (circumference and volume)

Instructional Methods: Self-paced online video lectures plus reading material

Testing Methods: Online quizzes (multiple choice)

Step 2: Instructor-led Zoom Sessions and Self-directed MLD and Bandaging Practice

After completing the 45-hr online Pre-course Study Module, you'll be prepared for the instructor-led, live Zoom sessions and the self-directed, skill-building homework assignments in between. Topics include:

- Basic and advanced techniques and sequences of MLD
- Treatment of primary and secondary extremity lymphedema
- Treatment of head and neck, genital, and pediatric lymphedema
- Short-stretch bandaging techniques and compression therapy for lymphedema of the upper and lower extremities, genitals, head & neck, and trunk
- Measuring and fitting techniques for lymphedema support garments
- At-home maintenance and self-treatment for lymphedema

Instructional Methods: Instructor-led Zoom lectures, case studies, live demonstration, self-directed hands-on skills lab

Testing Methods: Final exam, case study presentation, evaluation of manual techniques through video submissions

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:

- Identify the components of the lymphatic system and understand its function
- Identify various medical conditions that can lead to the development of edema and lymphedema
- Differentiate between a variety of peripheral edemas and identify necessary treatment strategies for each condition
- Identify the application, medical indications, and contraindications for Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT)
- Identify various compression therapy application strategies for patients with lymphedema and chronic venous insufficiency
- Attest to the importance of skin care and hygiene for patients with lymphedema
- Attest to the importance of a proper exercise protocols for individuals at risk for and with lymphedema
- Identify risk-reduction practices for patients at risk for lymphedema
- Distinguish between a variety of measurement techniques used in the evaluation of edema/lymphedema and custom-made compression garments
- Identify the most effective lymphedema treatment protocols based on current evidence
- Establish CDT treatment plans for individuals with primary and secondary lymphedema
- Effectively perform MLD sequences for patients with primary and secondary lymphedema and post-traumatic and post-surgical edema
- Competently apply short-stretch compression bandaging systems for patients with upper and lower extremity lymphedema

Course Material & Resources:

The following items are included in your tuition. All of these materials will be shipped to you upon registration.

- Course Manual printed in full color and organized in 16 sections
- Lymphedema bandaging materials for upper and lower extremities
- Lymphatic system posters
- Lymphedema Life Impact Scale (LLIS)
- Jobst Elvarex compression garment certification and supporting materials
- Product samples, brochures, and catalogs from many companies that support patients with lymphedema
- Free listing on the Klose Training online [Therapist Directory](#) (Great for referrals!)
- One full year of access to the lectures, videos, and quizzes of our online initial Study Module after your course
- Exclusive, lifetime access to relevant research articles, 75+ instructional videos, customizable treatment forms, and other helpful resources on Klose Training's Graduates' Page

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 are requested to call the Klose Training office for additional details.
- Participant must have Zoom capability through a laptop, PC (with external camera, microphone and speakers), or standard size iPad.
- Participant must be willing to login with video throughout the live meeting, and consent to the recording of the Zoom sessions for future reference.
- Participant must have the ability to record a video, i.e. on a smart phone.
- To guarantee the best possible learning experience for all participants, the participant is committed to avoiding distractions during the meeting.
- Full attendance of all prescheduled Zoom sessions is required. Absence from the meeting will be dealt with on a case-by-case basis. No participant can be absent in the first meeting.
- Participant must have a massage table available throughout the online training. If necessary, Klose Training will offer assistance, and if possible, provide a massage table to the participant for the duration of the training.
- Have a volunteer person available for practicing MLD and bandaging techniques as needed. This part of the training is self-directed (the volunteer does not have to be available during the Zoom sessions) **Note:** Please don't *assume* that your relative or friend is available for you to practice your hands-on skills. Please ask them and discuss the time commitment with your volunteer person *before* you register!
- Self-directed homework and practice of MLD and bandaging techniques is expected between Zoom sessions.

Take the quiz at the end of this PDF to find out if this course is for you!

Course Access and Schedule:

Upon registration and payment of the course fee, you will be shipped a box of Home Study materials and instructions to get started. Shortly before your live Zoom sessions start, we'll ship a second box containing compression bandages and additional course supplies.

Courses are scheduled throughout the year, to find the next starting date of a 6-week (accelerated) or 10-week course, please visit our website at <https://klosetraining.com/> or call our office at 303-245-0333.

Registration and Tuition:

The total tuition for the online course is \$2,700. Register online at <https://www.klosetrainingstore.com/>, by [mail](#), or by phone at 303-245-0333.

Student Agreement:

The attached Student [Agreement and Addendum](#) needs to be acknowledged, initialed, and signed upon registration.

Certificate of Completion/Continuing Education Units (CEUs):

This course totals 125 contact hours and has been approved for CEUs for Physical, Occupational, and Massage Therapists. For details, visit our website at <https://klosetraining.com/course/ceu-approvals/>.

To successfully complete this course, the student must pass a multiple-choice exam with a score of 75% or better, devise an appropriate treatment plan in response to a case study presented to the student, and demonstrate competency in manual lymph drainage and compression bandaging for lymphedema patients. The student will then earn the credential CLT (Certified Lymphedema Therapist) and receive a Certificate of Completion at the conclusion of the class.

LANA Certification Exam:

Currently, the Lymphology Association of North America (LANA) does not recognize students who have completed the online-only lymphedema therapy training as eligible to sit for the CLT-LANA exam. However, we are working closely with LANA and hope that this online course will become eligible and have asked for retroactive consideration.

FAQs

Q: Is there a difference in course content, between the traditional and the online course formats?

A: No; the new online course format covers everything that is covered in the traditional format.

Q: What are the advantages of this new online-only educational format?

A: There are several advantages:

- The new online course format saves time and money.
- The new online course format reduces, and even eliminates, the person-to-person contact during the current COVID-19 pandemic.
- Online pre-recorded video lessons can be reviewed as many times as needed until the material is internalized by the student.
- Practice quizzes throughout the online module allow the student to assess their knowledge at their own pace and convenience, in a stress-free environment.
- All lectures are accessible and can be reviewed for one full year after completing the course.
- Questions about lecture content can be directed to a Klose Training Instructor at any time throughout the study process.

Q: Are there any disadvantages to engaging in this online-only course format?

A: No. However, the following challenges need to be recognized and accepted by students enrolling in this online-only lymphedema training:

- Students registering in the online-only Certification course must be motivated! It takes dedication and discipline to successfully work through the self-directed learning and practice time required.
- Students must have stable, high-speed internet, an appropriate device with camera and microphone to connect by Zoom, and a massage table and available volunteer person to practice MLD and bandaging techniques throughout the time of the course.
- The online-only course currently does not make the student eligible to sit for the LANA exam (see below).

Q: Why is the new online format shorter than the traditional 135 hour format?

A: Lectures and vendor in-services take less time when provided in a video-based format.

Q: What are my options if I decide to participate in the online-only lymphedema certification, but want to improve my skills later on in a classroom setting?

A: Klose Training will schedule several 3-day skill-building courses throughout next year (2021) for students who have completed the online-only lymphedema certification training.

Q: Are the new course options approved by the Lymphology Association of North America (LANA)?

A: Currently, LANA does not recognize students who have completed the online-only lymphedema therapy certification as eligible to sit for the CLT-LANA exam. However, we are working closely with LANA and hope that this online course will become eligible and have asked for retroactive consideration.

Q: Am I able to practice lymphedema therapy without LANA certification?

A: Yes; lymphedema therapy is within the scope of practice for all PT, PTA, OT, OTA, RN, and MD licensed professionals without the additional certification of a designated lymphedema school or LANA.

Please take the quiz on the next page to find out if this class is a good fit for you!

Is this Lymphedema Therapy Online Certification a good match for you?

Learning from the safety and comfort of home is appealing, especially during these unprecedented times. That being said, we want to set you up for success and we have found some challenges to learning remotely. Please take time to ask yourself each of the questions below and answer honestly. If you answer “yes” to each question, what are you waiting for? Register now! If you answer “no” to any of these questions, but you are still strongly interested, please contact us (info@klosetraining.com or 303-245-0333) for assistance.

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| 1. Do you have the necessary Internet/Zoom capability as outlined above? | Yes | No |
| 2. Do you have a suitable space with adequate lighting for the Zoom meetings? | Yes | No |
| 3. Are you able to participate in the required Zoom meetings without the distraction of phone calls, texting, providing child and/or pet care, or other chores? | Yes | No |
| 4. Did you discuss the practice time requirement (~30 hours) with your volunteer person? | Yes | No |
| 5. Did you discuss the necessary video recording with your volunteer person? | Yes | No |
| 6. Do you have the necessary time available between Zoom sessions to complete homework and practice skills? | Yes | No |
| <i>Note: Participants who work >20hours/week will not be permitted to participate in the accelerated online course.</i> | Yes | No |
| 7. Are you a self-motivated, self-directed learner who is able to complete course assignments on time? | Yes | No |
| 8. Do you have access to the necessary course equipment, i.e. massage table, smart phone and tripod for video recording? | Yes | No |