



EDEN  
HEALTHCARE  
Academy

# COMPLETE DECONGESTIVE THERAPY COURSE

## COURSE CONTENT

- Manual Lymph Drainage (MLD)
- Compression Therapy
- Exercises
- Skin Care
- 135-hours course, the course begins with a 45-hours online, Home-Study Module can be completed at your own place, where you have access to the internet. This Module is followed by 90 hours of classroom (lab) instruction over ten days.
- The Home-Study Module must be completed prior to the start of the classroom (lab) portion.
- Very limited places (Max. 10 candidates)

## INSTRUCTIONAL METHODS

Online home-study followed by hands-on lab, lectures, case studies, and live demonstrations.



## CERTIFICATE/CONTINUING EDUCATION CREDITS (CEUS)

- This course has been approved for CEUs for Physical, Occupational, and Massage Therapists by the organizations and states listed at KLOSE school website.
- To successfully complete this course, the student must pass a multiple-choice exam with a score of 80% 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 earn the credential CLT (Certified Lymphedema Therapist) and receive a Certificate of Completion in the class.



**GUENTER KLOSE**

- Founder of Klose Training & Consulting, LLC, Lafayette, Colorado.
- Specialized in Lymphedema Treatment
- Instructor for MLD/CDT by the German Massage Therapy and Physical Therapy Association
- Key Person in establishing the field of lymphedema therapy and training in the U.S.
- Program Director of the biannual Klose Training & Consulting Lymphedema Conference.
- Founding member of the Lymphology Association of North America (LANA)



## TOPICS



### TOPICS COVERED BY HOME-STUDY MODULE INCLUDE:

- Anatomy, physiology and pathophysiology of the lymphatic system.
- Diagnosis and differential diagnosis 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.
- Patient evaluation and weekly measuring (circumference and volume).
- Self-MLD sequences for all extremities.
- Treatment of genital lymphedema.

NOTE: These lectures are presented by **Dr. Kathleen Francis, D. Gunter Klose** the German American lymphedema expert and the founder of Klose school and many other members of Klose school faculty & Teaching staff.

### INSTRUCTIONAL METHODS

Self-paced online video lectures plus reading material.

### TESTING METHODS

Online Exam.

### TOPICS COVERED BY CLASSROOM (LAB) 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.
- Short-stretch bandaging techniques & compression therapy for lymphedema of the upper and lower extremities, genitals, head & neck, & trunk.
- Skin and nail care for patients with lymphedema.
- Measuring and fitting techniques for lymphedema support garments.
- At-home maintenance and self-treatment for lymphedema.

### INSTRUCTIONAL METHODS

Lectures, case studies, live demonstration, hands-on lab.

### TESTING METHODS

Final exam, case study presentation, evaluation of manual techniques.

### COURSE INSTRUCTOR

**Dr. GEORGE A. BANOUB** Msc PT, CLT - LANA

- Master degree of physiotherapy - Cairo University
- Certified lymphedema therapist, Klose School - USA, Foldi Clinic - Germany.
- Certified lymphedema instructor, Klose School -USA
- Member of Lymphology Association of North America - LANA
- Head of lymphedema treatment unit - Eden Health Care.

## BENEFITS

Boost up your career, help more patients and become a lead in the new emerging physiotherapy field “The Lymphedema Therapy” with the help of the best and most professional American German lymphedema treatment teaching school “Klose Training & Consulting”

Each participant will be trained in the four components of Complete Decongestive Therapy to be graduated as international certified lymphedema therapist “CLT”. Upon completion of the class, the therapist will be able to:

- Identify the components of the lymphatic system and 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 / 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 MATERIALS & RESOURCES

The following items are included in your tuition fees. Some of these materials will be sent through e-mail to you when you register. Others, you'll receive in class or after class as a benefit of being a Klose Training graduate.

- Course Manual composed of 16 sections.
- Lymphedema bandaging materials for upper and lower extremities.
- Lymphatic system posters (set of three).
- Manual Lymph Drainage videos.
- Lymphedema Life Impact Scale.
- Jobst Elvarex compression garment certification.
- Product samples, brochures, and catalogs that 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 200+ reference articles, 50+ instructional videos, treatment forms, & other resources on Klose Training's Graduates Page.
- Free shadowing and training ship for one week at Lymphedema Unit at Eden healthcare.

## DURATION

**Date of lab study: from 13/12/2019 to 22/12/2019**

After completion of the mandatory 45-hours online Home Study Module, students will receive 90 hours of classroom instruction over a 10-days period.

Class hours from 9:00am - 6:00pm.

For a full list of dates, please contact Eden Healthcare Academy at **01099157009 / 01013383882**

## WHO WILL ATTEND

**Course Educational Level: Introductory/Intermediate**

- Physical & Occupational Therapists
- Physical & Occupational Therapist Assistants
- Medical Doctors
- Doctors of Osteopathic Medicine
- Doctors of Chiropractic
- Registered nurses

## REGISTRATION

- We recommend that you register at least six weeks prior to the start of the classroom portion of the course so you'll have time to complete the required 45-hours Home Study Module at a comfortable pace.
- Special prices for the MENA region, fees for the full lymphedema therapy certification course is 1500\$ for Egyptians, 2100\$ for non Egyptians instead of 3100\$.
- A non refundable deposite of 450 \$ is required at the time of registration and will hold your spot until three weeks prior to the first day of class.
- After payment and signing the student agreement, you will have an email from KLOSE school including your greeting letter, detailed information about the course your personal password and user name for the online module.
- Registration & payment for the courses at the MENA & Africa will be done through Eden healthcare by sending Email to [academy@eden-egypt.com](mailto:academy@eden-egypt.com) and payment through bank transfer:
  - Bank Name: **QNB Al-Ahli**
  - Branch Name: **El-Nasr St. Branch**
  - Swift Code: **QNBAEGCX**
  - Account Name: **Egyptian International Co. for Hospitals Management**
  - Account Number EGP: **00735-20317045594-51**
  - Account Number USD: **00735-20317507959-56**or paying directly at Eden Academy.
- Please send Email to Eden Healthcare Academy ([academy@eden-egypt.com](mailto:academy@eden-egypt.com)) for more information on payment plan or call us at **01099157009 / 01013383882**.



## CONTACT US

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