



Orthopedic Swelling Solutions

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SCHEDULE

Day One

8:00am – 8:30am	Introduction
8:30am – 9:30am	Anatomy and physiology of the lymphatic system – an overview
9:30am – 9:45am	Break
9:45am – 10:30pm	Introduction to Complete Decongestive Therapy (CDT) and Manual Lymph Drainage (MLD) with a healthy lymphatic system - UE
10:30am – 12:30pm	Lab practice - MLD in the UE
12:30pm – 1:30pm	Lunch
1:30pm – 2:30pm	Lab - Bandage techniques for the hand
2:30pm – 3:30pm	Lab - Bandaging techniques for the hand and forearm
3:30pm – 5:00pm	Lab - Bandaging techniques from the hand to the upper arm
5:00pm – 6:00pm	Integration of concepts

Day Two

8:00am – 9:00am	Introduction to CDT /MLD with a healthy lymphatic system - LE
9:00am – 11:30am	Lab - MLD in LE
11:30am – 12:30pm	Differential diagnosis - When to refer to a Certified Lymphedema Therapist
12:30pm – 1:30pm	Lunch
1:30pm – 2:30pm	Lab - Bandaging techniques for the foot
2:30pm – 3:30pm	Lab - Bandaging techniques from the foot to the knee
3:30pm – 4:30pm	Lab - Bandaging techniques from the foot to the thigh
4:30pm – 5:00pm	Summary