

SCHEDULE

Upper Extremity Lymphedema Therapy Certification

Klose Training

Except as otherwise specified, all units include an introduction to a technique and instructor demonstration followed by hands-on practice under the tutelage of the instructor.

1st Day

8:00 – 9:00	Lecture: Introduction, orientation, overviews
9:00 – 9:50	Lecture: Introduction to MLD and UE sequence
9:50 – 10:00	Break
10:00 – 11:30	Lab: MLD sequences - instruction and practice
11:30 – 11:40	Break
11:40 – 12:30	Lab: MLD sequences - instruction and practice (cont.)
12:30 – 1:30	Lunch break
1:30 – 2:40	Lab: MLD sequences - instruction and practice (cont.)
2:40 – 2:50	Break
2:50 – 4:00	Lab: MLD sequences - instruction and practice (cont.)
4:00 – 5:30	Lab: Intro to UE bandaging
5:30 – 5:40	Break
5:40 – 7:00	Lab: Intro to UE bandaging (cont.)

2nd Day

8:00 – 9:00	Lecture: Review of Home Study
9:00 – 9:10	Break
9:10 – 10:50	Lab: MLD sequences - instruction and practice
10:50 – 11:00	Break
11:00 – 12:30	Lab: MLD sequences - instruction and practice (cont.)
12:30 – 1:30	Lunch break
1:30 – 3:20	Lab: MLD sequences- instruction and practice (cont.)
3:20 – 3:30	Break
3:30 – 5:20	Lab: Bandaging for the UE
5:20 – 5:30	Break
5:30 – 7:00	Lab: Bandaging for the UE (cont.)

3rd Day

8:00 – 9:00	Lecture: Review of Home Study CDT section
9:00 – 9:10	Break
9:10 – 10:50	Lecture: UE frequent findings; Intro to compression bandaging options
10:50 – 11:00	Break
11:00 – 12:30	Lecture: Introduction to compression bandaging options (cont.) including Coban 2
12:30 – 1:30	Lunch break
1:30 – 2:50	Patient demo
2:50 – 3:00	Break
3:00 – 5:00	Lab: MLD sequences - practice and instructor evaluation
5:00 – 5:10	Break
5:10 – 6:00	Lab: MLD sequences - practice and instructor evaluation (cont.)
6:00 – 7:00	Lab: Bandage practice and Q & A

4th Day

8:00 – 9:00	Lecture: Integration of concepts
9:00 – 9:10	Break
9:10 – 11:00	Practice case studies
11:00 – 11:10	Break
11:10 – 12:30	Lecture: Introduction to fibrose tissue techniques and compression foam inserts
12:30 – 1:30	Lunch break
1:30 – 3:00	Lab: MLD practice and final examination of technique of UE students
3:00 – 3:10	Break
3:10 – 5:00	Lab: MLD practice and final examination of technique of UE students (cont.)
5:00 – 5:10	Break
5:10 – 7:00	Lab: MLD practice and final written exam for UE students only

5th Day

8:00 – 9:50	Lecture: Introduction to lymphedema organizations and resources
9:50 – 10:00	Break
10:00 – 11:15	Lecture: Compression garment measuring and fitting (UE)
11:15 – 11:25	Break
11:25 – 12:30	Lecture: Compression garment measuring and fitting (UE) (cont.)