

Lymphedema Certification Course Schedule* (2020)

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
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
9:30						
10:00		MLD arm sequence (Group 1)				
10:30						
11:00						
11:30						
12:00						
12:30	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
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		UE Bandaging with gray foam	Bandaging UE with gray foam and dorsal pad	LE Bandaging with gray foam		
2:30						
3:00	UE Bandaging with Rosidal-soft	Integration of concepts: Compression garments; review of daytime and nighttime garments	Integration of concepts: UE case studies			Integration of concepts: LE case studies
3:30						
4:00						
4:30						
5:00						
5:30						
6:00	Class ends at 6:00pm every day					

*Subject to change without prior notice

FDAQ = First Day Assessment Quiz