

60-hour Lymphedema Certification Course Schedule*

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00	Introduction & Orientation, FDAQ**	Integration of concepts: Review of FDAQ, Q&A	Patient demo (virtual)				
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)	MLD practice & progress check	Integration of concepts: Additional CSs; edema vs. lymphedema?
9:30							
10:00							
10:30							
11:00		MLD arm sequence (Group 1)					
11:30							
12:00							
12:30	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Awarding Certificates & Final Remarks
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 progress check & CS exam	
2:00							
2:30		UE Bandaging with gray foam	Bandaging UE with gray foam and dorsal pad				
3:00							
3:30	UE Bandaging with Rosidal-soft	Integration of concepts: Compression garments; review of daytime and nighttime garments	Integration of concepts: UE case studies	LE Bandaging with gray foam	Integration of concepts: LE case studies		
4:00							
4:30							
5:00							
5:30							
6:00							
6:15	Class ends at 6:15pm on Day 1-6						

*Subject to change without prior notice

**FDAQ = First Day Assessment Quiz