



**Chronic Edema & Lymphedema
Management Certification
and Online Education**



Klose Training
Lymphedema Education

klosetraining.com

The Power of Chronic Edema and Lymphedema Certification

To safely and effectively treat patients with lymphatic disorders, therapists must receive additional training.

Complete Decongestive Therapy (CDT) is the standard of care for the treatment of chronic edema, primary and secondary lymphedema. CDT is also extremely beneficial for managing post-traumatic, post-surgical edema, chronic venous insufficiency (CVI) and patients with wounds. With the techniques you'll learn in our course, you'll vastly improve your competency when working with patients suffering from chronic edema, lymphedema and/or orthopedic issues.

At Klose Training, you'll receive individual attention from the moment we first hear from you. This personal touch continues through your initial training and extends throughout your career by providing help with difficult-to-treat patients.

Klose Training was established by Guenter Klose, the only Certified MLD/CDT Instructor actively teaching in the United States. Guenter was trained in Complete Decongestive Therapy at the world-renowned Foeldi Clinic in Germany in 1984. His extensive experience and his ongoing relationship with the progressive and creative therapists and physicians of the Foeldi Clinic have resulted in Klose Training offering the highest-quality Chronic Edema and Lymphedema Therapy Certification courses in this country.

We offer the most cost-effective and up-to-date certification courses available. Our students receive the most comprehensive package of study materials and a free, lifetime listing on our online Therapist Directory, and more.

Our instructors are the most experienced in the field. All continue to work as full-time clinicians, treating patients with chronic edema and lymphedema. Our medical director, Kathleen Francis, MD, a physician specializing in lymphedema, provides a comprehensive lecture on lymphedema as part of our 135-hour therapy curriculum.

We also offer a variety of online and in-classroom continuing education courses, all of which are outlined in this catalog. These classes provide an excellent opportunity to advance your chronic edema and lymphedema treatment skills, acquire knowledge of new therapy techniques, network with other experienced therapists, and earn continuing education credits.

We look forward to welcoming you to one of our Klose Training courses soon.

info@klosetraining.com
klosetraining.com



Before CDT



After CDT



Klose Training
Lymphedema Education

Chronic Edema and Lymphedema Management Certification



This engaging 135-hour course teaches you the skills and knowledge necessary to safely and effectively treat patients with chronic edema (swelling that is present for >3 months) and lymphedema using Complete Decongestive Therapy (CDT).

The course begins with a 75-hour Home-Study Module that can be completed at your own pace anywhere you have access to the internet. The online study is followed by 60 hours of classroom (lab) instruction

over 6 ½ days. We recommend that you register at least six weeks prior to the start of the in-classroom portion of the course so you'll have time to complete the required Home-Study Module at a comfortable pace.

Complete Decongestive Therapy (CDT) is the most effective treatment for chronic edema and lymphedema. Primary (congenital) lymphedema and secondary lymphedema (due to a damaged lymphatic system) respond extremely well to this gentle, non-invasive and highly-effective therapy.

"This is the best CE course ever! Great to be at a course where student learning is the #1 priority. I feel confident to go back to work and use these techniques right away. Absolutely top notch."

"This was an excellent course. It far exceeded my expectations. The organization of the course was fantastic. It was well thought out with a great day-to-day sequence."

The five components of CDT:

- **Manual Lymph Drainage (MLD)** is a manual treatment which improves the function of the lymphatic system throughout the body. In chronic edema and lymphedema therapy, MLD is used to re-route the lymph flow around blocked areas into healthy lymph vessels and nodes. Our unique MLD approach combines decades of clinical experience and the latest indocyanine green (ICG) research findings.
- **Exercises** are performed with compression bandages in place to activate the muscle and joint pump of the affected extremity. This results in an increase in lymphokinetic activity and further reduction of the swollen limb over time.
- **Compression Therapy** increases tissue pressure and improves the efficiency of the muscle and joint pump. In Phase I of the therapy, multi-layered compression bandages are applied between MLD treatments to help prevent re-accumulation of evacuated fluid. In Phase II of the therapy, patients are fitted for daytime and/or nighttime compression garments as appropriate to maintain and optimize the results of the treatment.
- **Skin Care** and general hygiene are essential to eliminate bacterial and fungal growth which can cause repeated attacks of cellulitis or erysipelas. Infections are very common complications of chronic edema and lymphedema, so meticulous skin and nail care is a vital component of treatment.
- **Self-Care** is taught to each patient and/or care giver to prevent the recurrence of the edema/lymphedema, and prevent complications such as cellulitis (skin infection) and chronic wounds.

Course Objectives

Each participant will be trained in the five components of Complete Decongestive Therapy. Upon completion of the class, the therapist will be able to differentiate between a variety of peripheral edemas as well as understand the application, medical indications, and contraindications for MLD and CDT. The therapist will be able to establish a CDT treatment plan for individuals with chronic edema, primary and secondary lymphedema and perform the treatment accordingly.

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Online Home-Study Module

The online Home-Study Module introduces you to chronic edema and lymphedema treatment techniques. The Module is composed of engaging lectures and videos accompanied by a course manual that allows easy review and note-taking. All lectures are followed by a quiz to ensure your understanding of the material. The Home-Study Module **MUST** be completed prior to the start of the classroom (lab) portion. Topics include:

- Anatomy, physiology and pathophysiology of the lymphatic system
- Diagnosis and differential diagnosis of edema and lymphedema (physician-taught)
- Manual Lymph Drainage (MLD)
- Lymphedema bandaging and compression therapy
- Indications and contraindications of MLD and CDT
- Exercises for patients with edema/lymphedema
- Skin and nail care for patients with edema/lymphedema
- Patient evaluation and weekly measuring (circumference and volume)
- Treatment of head and neck, genital, and pediatric lymphedema
- Self-MLD sequences for all extremities

Classroom (Lab) Portion

After completing the 75-hr online Home-Study Module, you'll participate in our 6 ½-day (60-hr) classroom training that focuses on practicing Manual Lymph Drainage (MLD) and compression therapy. Topics include:

- Basic and advanced manual techniques and sequences of MLD (Vodder technique and ICG research based)
- Treatment of lower extremity chronic edema
- Treatment of primary and secondary extremity lymphedema
- Treatment of head and neck, genital, and pediatric lymphedema
- Lymphedema bandaging techniques for upper and lower extremities
- Measuring and fitting techniques for edema/lymphedema support garments
- Home maintenance and self-treatment for patients with chronic edema and lymphedema

Course Materials & Resources

The following items are included in the tuition and are given to each participant prior to, during, or after their training.

- Full color course manual divided into 16 sections
- Edema/lymphedema bandaging materials for upper and lower extremities
- Lymphatic system posters (set of three)
- Lymphedema Life Impact Scale and Impairment Calculator
- Product samples, brochures and catalogs from many companies which 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
- Exclusive, lifetime access to reference articles, treatment forms, instructional videos and resources on the Klose Training Graduate Page

\$3300.00 • 135 contact hrs

Continuing Education Credits

This course is approved for CEUs for PT, PTA, OT, OTA and MTs

For a list of professional boards that have pre-approved this course for CEU's, please visit:

klosetraining.com/course/ceu-approvals.

The Klose Training Advantage

- Full Lymphedema Certification in 6.5 days (classroom portion)
- Time-tested, effective and evidence-based curriculum
- Learn from the most experienced instructors in the field
- Study the theoretical lectures at your own pace
- Home study module is entirely video-based and engaging
- Fewer days away from home and work
- Greater flexibility to fit your personal schedule
- Lower travel and accommodation expenses
- Access to exclusive post-graduate resources
- Free Therapist Directory listing



For more information, visit: klosetraining.com or call 303-245-0333.

Other In-Classroom Courses



Lymphedema Therapy Skill Builder

Open to all CLTs!

- Advance your lymphedema therapy competency
- Update your knowledge and skills
- Network with experienced lymphedema therapists

This 30-hour skill building course provides an opportunity for practicing edema and lymphedema therapists to improve

and expand upon their Manual Lymph Drainage (MLD) and compression therapy techniques, and update their knowledge of new developments in the treatment of chronic edema and lymphedema. In extensive hands-on sessions, highly experienced lymphedema therapy instructors will provide constructive feedback about each participant's MLD and bandaging techniques. Participants will be updated on indocyanine green (ICG) guided MLD and the new treatment recommendations for patients with lipedema-syndrome. Participants are encouraged to bring their own edema and lymphedema treatment questions and case studies for discussion and problem solving with the instructor and participants of the course. This course provides an opportunity for networking and exchange of experience when treating patients with complex medical histories and comorbidities in an ever more challenging healthcare environment.

\$695 • 30 contact hrs

"Extremely comprehensive and comfortable learning environment."

"I felt that this course was excellent and far exceeded my expectations"



Advanced & Review at the Foeldi Clinic in Germany

Open to all CLTs!

- Learn the latest techniques from world-renowned clinicians
- Join lymphedema therapists from around the globe
- Receive advice on your toughest cases
- Enjoy the beauty of Germany's Black Forest

This 4½-day course attracts lymphedema-certified healthcare professionals from around the world to the renowned Foeldi Clinic. Taught in English, Guenter Klose, CLT, MLD/CDT Certified Instructor,

reviews the anatomy, physiology, and pathophysiology of the lymphatic system as well as the techniques and sequences of MLD and Complete Decongestive Therapy (CDT). The latest diagnostic and imaging procedures for the lymphatic system will be discussed. Patient case studies will be presented by the Clinic's senior chief therapist and staff physicians. Students are encouraged to contribute their own challenging cases for review and therapy recommendations. Each year brings a different focus.

\$1300 • 35 contact hrs

"Best class experience I have ever had. The material, patients, location, and instructors...truly a once-in-a-lifetime learning experience."

"Yet another fascinating week. I always leave here re-invigorated and with a renewed passion for what I do."

"I thoroughly enjoyed the course. The content was all relevant and excellent. I enjoyed the many opportunities for networking and sharing expertise between all course participants."

Online Continuing Education Courses

Progress through courses at your own pace

Avoid travel costs and missed time from work

Breast Cancer Rehabilitation

Jodi Winicour, PT, CMT, CLT-LANA

Teaches essential knowledge and techniques of outpatient therapeutic approaches in breast cancer care. A comprehensive review of current diagnostic, surgical, radiation, reconstructive and medical oncologic management for breast cancer is included. Special attention is given to the evaluation, differential diagnosis, and treatment of axillary web syndrome (cording) and postural and scapular dysfunction as well as upper-quadrant soft-tissue changes following breast cancer surgery and radiation therapy. An up-to-date review of recent research findings regarding breast cancer-related lymphedema will also be presented.

\$595 • 16 contact hrs



Advanced Breast Cancer Rehabilitation

Jodi Winicour, PT, CMT, CLT-LANA

This course builds on the foundations of the original BrCA Rehab Course (above) with a clinical focus on frequent chronic and late effects of BrCA treatments. It provides updates in BrCA surgeries, plastic surgeries and radiation therapies to ensure safe and personalized patient recovery in the acute and sub-acute timeframes. Therapists will be instructed in neuroscience/neurobiology of pain principles and therapeutic strategies to aide in the prevention and treatment of acute and chronic pain for the BrCA patient. The late effects of radiation therapy with a focus on tissue adhesions and thoracic outlet syndrome will be taught along with a review of the most recent breast lymphedema data available. Information regarding chemotherapy induced peripheral neuropathy evidence-based assessment and treatments will also be included along with the importance of exercise and physical activity in BrCA patients during their medical treatments and into survivorship.

\$495 • 10 contact hrs

Wound Management for Chronic Edema and Lymphedema Therapists

Jan Weiss, PT, DHS, CLT-LANA

This course teaches practicing edema/lymphedema therapists the knowledge and skills necessary to manage lymphedema associated wounds as part of their Complete Decongestive Therapy (CDT) treatment plan. A thorough review of the pathophysiology of wounds and the impact of edema on chronic wounds, specifically wounds resulting from chronic venous insufficiency (CVI), is provided. Selecting appropriate topicals and wound dressings to maintain a moist wound environment is also covered.

\$295 • 6 contact hrs

Obesity and Obesity-Related Lymphedema & Lipedema-Syndrome

Tobias Bertsch, MD, PhD, Senior Consultant

A **must-see** for every Certified Lymphedema Therapist and referring physician! There are many misconceptions about obesity and its association with lymphedema and lipedema-syndrome. Many common myths negatively impact the treatment provided to patients suffering from these diseases. This lecture will change your attitude about obesity and alter your therapeutic approach and typical recommendations for patients suffering from obesity, lymphedema, and/or lipedema-syndrome.

\$275 • 4 contact hrs

Strength After Breast Cancer

Kathryn Schmitz, PhD, MPH, FACSM

Prepares therapists to deliver the Strength After Breast Cancer program, an evidence-based rehabilitative exercise program for breast cancer survivors based on the Physical Activity and Lymphedema (PAL) Trial. The Trial demonstrated the safety and efficacy of slowly progressive weightlifting for breast cancer survivors with or at risk for lymphedema. Lymphedema exacerbations decreased by 50%, lymphedema onsets decreased by 70% (among women with 5+ nodes removed), and participation prevented the decline in physical function that often occurs in breast cancer survivors. Trial subjects also had improved body composition, body image, and upper body symptoms. This course provides all the instruction and materials needed to set up the Strength ABC program in your own facility.

\$275 • 4.5 contact hrs

Elastic Taping For Lymphedema

Ruth Coopee, MOT, OTR/L, CHT, MLD/CDT, LMT

Teaches how to safely and effectively utilize the technique of elastic taping on patients with lymphedema. After an overview of the history and theory of elastic taping, you are then guided through elastic taping techniques for the upper and lower extremities and difficult-to-bandage areas such as the trunk, breast, and head & neck.

\$295 • 6.5 contact hrs

Axillary Web Syndrome

Jodi Winicour, PT, CMT, CLT-LANA

Describes the clinical presentation of Axillary Web Syndrome (AWS), outlines possible causes, and recommends current therapeutic options for this condition. AWS, otherwise known as cording, is a very common sequella of breast cancer surgery. The course format includes numerous video segments of patients with AWS, common exercises, and treatment techniques to use in your practice.

\$125 • 3.25 contact hrs

Head & Neck Lymphedema Management

Heidi Miranda-Walsh, OTR/L, CHT, CLT-LANA

Addresses the unique treatment challenges associated with patients with lymphedema of the head and neck following surgery and/or radiation therapy for cancer. Course content includes a lecture on the sequelae related to cancer treatment followed by a thorough discussion of the role of appropriate therapeutic post-operative and post-radiation intervention. Compression therapy applications as well as techniques of Manual Lymph Drainage (MLD) for patients with lymphedema of the head and neck are demonstrated in great detail. This course emphasizes the importance of a multi-disciplinary approach in the diagnosis and management of patients with head and neck cancers and subsequent lymphedema. Additional rehabilitation considerations, including therapy for trismus and shoulder dysfunction, are also covered.

\$395 • 7.5 contact hrs

Physician's Lecture On Lymphedema

Kathleen Francis, MD

Provides an excellent overview of lymphedema in an interesting and easy-to-follow manner. This course is beneficial to all medical professionals who want to educate themselves about lymphedema but are unable to commit to completing a lymphedema certification course. This course teaches the difference between primary and secondary lymphedema and their causes as well as how to differentiate between a variety of peripheral edemas. You'll learn the medical indications and contraindications for Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT) and how to recognize the signs and symptoms of infections in patients with lymphedema.

\$295 • 10.5 contact hrs

BONUS: This course includes a lecture on Complete Decongestive Therapy (CDT) for lymphedema with Guenter Klose, MLD/CDT Certified Instructor, CLT-LANA.

Differential Diagnosis: Identifying The Etiology Of Edema

Jennifer Ryan, PT, MS, DPT, CCS

Teaches how to establish the source of a patient's edema by discussing specific measures, lab values, and a patient's past medical history. Comprehensive decongestive therapy may be quite different if unilateral or bilateral edema is due to an underlying disease or condition other than lymphedema. Using a sample case of a patient with bilateral edema, this course goes step-by-step through the evaluation process used to determine how aggressively to treat the edema or whether the patient should instead be referred to their primary care provider. This course also teaches the prediction rules used to determine if a patient's unilateral edema might be due to a deep venous thrombosis (DVT) rather than lymphedema.

\$95 • 3.25 contact hrs

Enjoy your
"front-row"
seat

Review
lessons as
many times as
you like

Advance
your
lymphedema
therapy
skills

Chronic Edema and Lymphedema Therapy Certification and Continuing Education Courses

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Online Continuing Education Courses

- Breast Cancer Rehabilitation
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- Obesity, Obesity-Related Lymphedema and Lipedema-Syndrome
- Strength After Breast Cancer
- Elastic Taping for Chronic Edema and Lymphedema
- Head & Neck Lymphedema Management
- Wound Management for Lymphedema Therapists
- Treatment of Axillary Web Syndrome
- The Role of Exercise in Lymphedema Management
- A Physician's Lecture on Lymphedema
- Anatomy and Physiology of the Lymphatic System
- Differential Diagnosis: Identifying the Etiology of Edema

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Lymphedema Education

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