

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.

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.