

## 60-hour Lymphedema Certification Course Schedule\*

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00am - 12:30pm	<p>Introduction &amp; Orientation, First Day Assessment Quiz (FDAQ)</p> <p>MLD for UQ and breast lymphedema</p>	<p>Integration of concepts: Review of FDAQ, Q&amp;A</p> <p>MLD for UE with UQ and breast involvement</p> <p>UE fibrosis management techniques</p>	<p>MLD sequence for UE with reduced instructor coaching</p> <p>UE fibrosis mgt. (introduction of various foam applications)</p> <p>UE bandaging practice (if time permits)</p>	<p>Intro to bilateral lower leg MLD for patients with Chronic Edema, CVI and/or Lymphedema</p> <p>MLD: lower leg sequence</p> <p>Patient Testimonial (Exact date and time TBD)</p>	<p>MLD for unilateral LE Lymphedema</p> <p>Vendor in-service 11:30 AM – 12:30 PM</p>	<p>Written Exam</p> <p><u>Self-directed</u> MLD and bandaging for LE (Group 1)</p> <p><u>Self-directed</u> MLD and bandaging for LE (Group 2)</p>	<p>Vendor in-service 8:00 – 9:00 AM</p> <p>Review of H&amp;N MLD, Compression and Q&amp;A</p> <p>Integration of concepts: DD Case Studies (Edema vs. Lymphedema)</p>
12:30pm - 1:30pm	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	<p>Awarding Certificates Class ends at 1:00 pm</p>
1:30pm - 6:15pm	<p>MLD f/u discussion: Phase1 vs. Phase2, collecting subjective and objective data (evaluation), what kind of compression applications, STG and LTG, etc.</p> <p>UE Bandaging with bandage liner</p>	<p>F/u discussion on patient case study; review of treatment plan and compression therapy options, etc.</p> <p>UE Bandaging using gray foam</p>	<p>Self-bandaging and review of HEP and self-care</p> <p>How to select a RTW garment from a size chart and measure a custom flat knit sleeve and glove (LE to knee is time permits)</p> <p>Integration of concepts: UE case study (treatment planning)</p>	<p>Bandaging lab:</p> <p>Lower leg to knee with bandage liner</p> <p>Lower leg with gray foam</p> <p>Continue with full LE bandage to groin, if time permits</p>	<p>LE Bandaging Lab: LE with gray foam to groin</p> <p>Integration of concepts: LE case study (treatment planning)</p>	<p>Discussion (PPT) about treating bilateral LE and obesity associated lymphedema discussion followed by MLD and Bandaging Lab (incl. lobe bandaging demo if time permits)</p>	
Class ends at 6:15 pm on Day 1-6							

\*Subject to change without prior notice

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