

Registration Form

Lymphedema Management.

An Evidence-Based Approach

Tuition: Includes all course materials, bandaging kit.

Beverage breaks and lunches included.

Dates: 2011

Location: 50E Gloucester Pike,
Barrington New Jersey 08007 USA

Name: _____

Address: _____

Home/Work Tel: _____

____ Enclosed is my check for \$ _____

Please bill my credit card:

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Date: _____

*At K&A Solutions, LLC we believe in
continuous improvement in
Knowledge and Approach.*

Course Instructor

Jane de Heer, PT, DPT, CLT received her bachelors of Science degree in Biology from Western Oregon State University. She received her Masters of Science and Doctorate in Physical Therapy from Arcadia University in Glenside, Pennsylvania in 1994 and 2005 and is currently completing her MBA in Global Perspective and a certification in Practice Management and Healthcare Administration.

She is currently the Clinical Director/Owner of Center for Physical and Rehabilitation Therapy, a private practice for Breast Cancer Rehabilitation and Lymphedema, in Cherry Hill, NJ

Jane de Heer has received several hours of training in Breast Cancer rehabilitation and over 150 hours of training in Lymphedema management including Head and Neck Lymphedema. She has been working predominantly with this population the last six years.

She has lectured extensively on lymphedema and breast cancer rehabilitation to patient support groups and various oncology nursing staff and home care nurses.

Her extensive background with Breast Cancer and Lymphedema and her passion for evidence based treatment and quality of care is demonstrated throughout her course presentation.

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K & A Solutions, LLC

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**Business Consulting
Services Presents**

Lymphedema

Management

An Evidence Based

Approach

Coming up in your neighborhood

Barrington, NJ

Instructor

Jane de Heer, PT, DPT, CLT



www.knasolutions.net

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Coming Up in Your Neighborhood



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Course Overview

This comprehensive two day course is designed to teach therapists the most current evidence based management techniques to effectively treat Lymphedema. Recent research studies will be discussed to validate therapeutic techniques. Participants will leave the course with information and techniques needed to immediately begin managing patients with lymphedema. Effective assessment and treatment approaches are thoroughly explained and practiced in the laboratory sessions. Successful functional outcomes with lymphedema patients can be achieved if the therapist has appropriate clinical skills and theoretical knowledge of lymphedema.

Course Objectives:

- Demonstrate an understanding of the anatomy and physiology of the lymphatic system.
- Describe the path physiology of common upper and lower extremity lymphedema.
- Recognize, assess and treat the different classifications of upper and lower extremity.
- Perform proper massage techniques to enhance lymphatic flow and explain the physiologic rationale for manual lymphatic drainage.
- Proper application of short stretch compression bandages .
- Perform limb measurements that provide acceptable documentation of outcome measure.
- Choose appropriate garment and instruct patients in correct application.
- Introduce new-technology including low level laser and latest research supporting its use in lymphedema management..
- Develop and implement a lymphedema program including marketing and reimbursement issues.

Please call to sign up Now

at (856) 354-8040/8041

or email us at info@knasolutions.net

Course Outline

Day One

- 7:30-8:00 Registration**
8:00-8:30 Introduction
Outline
History of Lymphedema Treatment
- 8:30-10:00 Definition of Lymphedema**
Anatomy of the Lymphatic System
Watersheds/Lymphatic ducts
Types of Lymphedema
Primary Lymphedema
Secondary Lymphedema
Incidence of Lymphedema
Signs & Symptoms of Lymphedema
Grades of Lymphedema
Axillary Web Syndrome “Cording”
Lipedema
- 10:00-10:15 Break**
- 10:15-10:45 Physiology of the Lymphatic System**
Starlings equilibrium
Pathophysiology
- 10:45-11:00 Sackett’s rule of Evidence**
- 11:00-12:00 Massage for Lymphatic Drainage**
Research studies on lymphatic drainage
Research on frequency of visits
Purpose of Lymphatic mobilization
Contraindication of Lymphatic mobilization
Basic Principles of sequencing
Hand techniques and strokes
- 12:00-1:00 Lunch**
- 1:00-3:00 Lymphatic drainage- Upper Extremity**
Upper extremity drainage
Abdominal drainage
Breast drainage

Course Outline

- 3:00-4:45 Upper Extremity bandaging**
Research on Bandaging
Upper Extremity Bandaging (Lab)
Self bandaging instruction
- 4:45-5:00 Questions**

Day Two

- 8:00-8:30 Review of day one material**
- 8:30-10:00 Compression pumps and other treatments**
Research studies on compression pumps
Research studies on elevation
Exercise & lymphedema
Low level laser
Aquatic therapy & lymphedema
Bioelectric Impedance – role in Lymphedema
- 10:00-10:15 Break**
- 10:15-12:00 Compression Garment**
Current research on compression garments
Classification of compression garment
Manufactures of garments
Circaid
Reid Sleeves
- 12:00-1:00 Lunch**
- 1:00-3:00 Lymphatic drainage-lower extremity (Lab)**
Two Patient cases.
- 3:00-3:15 Break**
- 3:15-4:00 Bandaging techniques - lower extremity**
- 4:00-5:00 Case Studies , Q&A**