

## Registration Form

## Course Instructor

### ***Lymphedema Management.***

### ***An Evidence-Based Approach***

**Tuition:** \$425 Includes all course materials, bandaging kit,

*Beverage breaks & Continental breakfast.*

**Dates: November 10th and 11th**

**Location: 2401 South Side Boulevard Greensboro, NC 27406**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home/Work Tel: \_\_\_\_\_

\_\_\_\_ Enclosed is my check for \$ \_\_\_\_\_

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OR

**Visit :**

**<http://www.knasolutions.net/weblog/>**

**For card payments.**

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

### **Jane de Heer, PT, DPT, MBA ,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 and MBA from Arcadia University in Glenside, Pennsylvania in 1994 ,2005.& 2011.

She owned and managed a private practice for Breast Cancer Rehabilitation and Lymphedema, in the Cherry Hill , NJ area for over 10 years.

Jane de Heer has received over 150 hours of training in Breast Cancer rehabilitation and Lymphedema and has been working predominantly with this population the last 11 years.

She has lectured extensively on lymphedema and breast cancer rehabilitation to patient support groups ,various oncology nursing and medical staff as well as 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.

This course is approved for 13.0 contact hours/13.0 CCE's By the New Jersey, State Board of Physical Therapy and North Carolina State Board of Physical Therapy.

**Phone: 856-607-3053**

**E-mail:**

**[janedeheer@netscape.net](mailto:janedeheer@netscape.net)**

**K & A Solutions, LLC**

***K & A Solutions, LLC***

**Business Consulting  
Services Presents**

## **Lymphedema**

## **Management**

## **An Evidence Based**

## **Approach**

**November 10th and 11th**

**At**

**Kindred Hospital**

**Greensboro**

2401 South Side Boulevard Greensboro, NC  
27406

## **Instructor**

**Jane de Heer,**

**PT,DPT,MBA,CLT.**



[www.knasolutions.net](http://www.knasolutions.net)

**Tel: 856-607-3053**

# 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](mailto: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

- 3:00-3:15 Break**
- 3:15-4:45 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)**
- 3:00-3:15 Break**
- 3:15-4:00 Bandaging techniques - lower extremity**
- 4:00-5:00 Case Studies , Marketing and Reimbursement.**  
Q&A