Basic Lymphedema Education and Bandaging

An introductory course in lymphedema, assessment and bandaging techniques for both upper and lower extremities.

November 4, 2011

Presenter: Blair Johe, PT

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**Target Audience**: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Certified Occupational Therapist Assistants

**Limited Registration**: Due to the lab space restrictions, the first 30 registrants will be accepted for this course. A waiting list may be developed. Receipt of payment required to reserve space.
SCHEDULE

8:00-8:30  Registration
8:00-4:00  Exhibit Area Open
8:30-10:30 Anatomy and Physiology
10:30-10:45  Break
10:45-11:45  Lower Extremity Clinical Presentation and Precautions
11:45-12:30  Lunch
12:30-1:30  Upper Extremity Clinical Presentation and Precautions
1:30-1:45  Break
1:45-3:45  Lab with Basic Bandaging Instruction for Upper and Lower Extremity
3:45  Evaluation and Conclusions

BIOGRAPHY OF PRESENTER: Blair Johe graduated from West Virginia University School of Physical Therapy in 1975. She worked in Grafton, WV and for the Kanawha County Health Department before moving north with her husband who loved the snow. In northwestern Pennsylvania, she worked almost 10 years exclusively with pediatrics from 1990 to 2000 and received her pediatric NDT certification in 1992. Johe made a significant career change in 2002 after attending the Academy of Lymphedema Studies certification course under Joachim E. Zuther and she became a LANA certified lymphedema therapist in 2004. She moved back to her home city of Charleston, West Virginia in 2004 and started lymphedema therapy services at CAMC Sports Medicine. Besides studying the Vodder technique of decongestive therapy with Zuther she took advanced courses in the Leduc method under Ann-Marie Vaillant-Newman, PT.,MA. and Professor Doctors Albert and Olivier Leduc in Washington, DC in 2004 and again at Stanford University (Levels 2 and 3) in 2007. She was a presenter on lymphedema at the Mideast Region WOCN in 2008. She attended the LANA International meetings in September 2010 in Orlando Florida.

COURSE OBJECTIVES:
1. Be able to evaluate and complete documentation on edema patients
2. Be able to describe superficial lymphatic drainage pathways in upper and lower extremities
3. Be able to describe lymphatic substitution pathways in the trunk
4. Know the contraindications and precautions for physical treatment of lymphedema
5. Understand the pathophysiology of lymphedema
6. Be familiar with compression bandaging techniques in upper and lower extremities
7. Be familiar with manual lymphedema drainage (MLD) techniques
8. Be familiar with home programs self MLD, compression garments, compression/ MLD simulators
9. Be able to assess a patient's garment needs and be familiar with garment options.