

Lake Region Healthcare  
712 S Cascade St.  
Fergus Falls, MN 56537  
(1)

## Certification Course for Lymphedema Management of the Upper & Lower Extremities



**Saturday June 26<sup>th</sup> –  
Tuesday June 29<sup>th</sup>, 2021  
Fergus Falls, MN**

**Presented by:  
Ann Elise Kryszak, OTR, CLT**  
Under the direction of:  
Comprehensive Lymphedema  
Management for American Health  
Care

*June 26<sup>th</sup> – 29<sup>th</sup>, 2021*

*Sponsored by Lake Region Healthcare*

*\*All COVID 19 Precautions Taken\**

## About the Presenter:

Ann Elise Kryszak, OTR, CLT, is a treating therapist and educator specializing in advanced practices in Lymphedema Management. She has been a practicing therapist for 44 years and a Lymphedema Specialist for 24 years.

Ann Elise has studied with Dr. Albert LeDuc of Brussels, world renown for his work and research in Lymphedema and is certified in the Methods of Manual Lymph Therapy. Ann Elise is also certified in the Comprehensive Lymphedema Treatment for American Health Care, studying and mentoring directly with Judy Purtell, OTR, CLT. She has studied with Linda Miller, noted for her work with Breast Cancer Patients. She has developed the Lymphedema programs for MJ Care Inc. and Aurora Sinai Medical Center and Linden Grove Menomonee Falls, Rehab and Outpatient Therapy. She is currently part of the Rehab team at Froedtert Hospital in the Cancer Rehab Program.

She has studied with Luther C. Kloth and is certified in his Wound Care Management for PTs and OTs. She has developed the practice of Lymphedema management protocols with wound care to advance the healing process.

Ann Elise is a former faculty member in the Occupational Therapy Program at Mount Mary College in Milwaukee, WI, and was a course instructor for the national series, Lymphedema, Accept the Challenge sponsored by Smith and Nephew Rehabilitation Division. She is currently traveling nationwide as course instructor for the Comprehensive Lymphedema Treatment for American Health Care, originated and developed by Judy Purtell, OTR, CLT.

*\*All COVID 19 Precautions Taken\**

**Course Tuition:  
\$1000.00**

***This course is 34 contact hours.***

***Register Early, space is limited!***

Course tuition includes: Comprehensive Lymphedema Management Handbook, Bandaging Supplies, Continental breakfast, Lunch and Snack.

*Certificates of completion of certification course will be provided upon successful completion of the course.*

***\*\*Please wear shorts and tanks for demonstration and practice purposes.***

**Contact : Lake Region Health Care for Registrations and course inquiries between 8:00AM – 4:30PM Ask for Angie or Lisa #218-736-8388**

**Send Checks to: Lake Region Healthcare  
Attention: OT Department  
712 S Cascade St  
Fergus Falls, MN 56537**

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

Profession: \_\_\_\_\_

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

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ 3Digit Code \_\_\_\_\_

**Payment in full is due with registration and there is a non-refundable administrative fee of \$75.00 for cancellations. All cancellations must be in writing and received at least 14 days prior to the course. There will be no refunds given after that time. CLMAHC reserves the right to cancel the course due to unforeseen /unavoidable circumstances. In the event of cancellation, CLMAHC will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the registration cost.**

## Why attend this course?

This comprehensive certification course is designed to teach therapists the most current management techniques to effectively treat Lymphedema. Participants will leave this course with a certificate of Comprehensive Lymphedema Management Therapy (CLT) and techniques needed to immediately begin managing patients with Lymphedema. Effective assessment and treatment approaches will be thoroughly discussed and practiced in the laboratory experience. You will gain information pertaining to the necessary manual techniques from Comprehensive Lymphedema Management for American Health Care required to appropriately design a therapeutic treatment approach and self-care program. **Who Should Attend: OTR's, COTA's PT's, PTA's, RN's, LPN's**

- Demonstrate an understanding of the anatomy & physiology of lymph system
- Describe the pathophysiology of Lymphedema & pathogenesis of common upper & lower extremity Lymphedema
- Understand the common diagnostic procedures for Lymphedema
- Recognize, assess & treat the different classifications and causes of upper & lower extremity Lymphedema
- Perform proper massage techniques to enhance lymphatic flow & explain the physiologic rationale drainage massage
- Correctly apply compression bandages in the treatment of upper & lower extremity Lymphedema
- Perform limb measurements that provide acceptable documentation of outcome measures.
- Instruct patients & health care professionals in precautions and skin care
- Choose the appropriate compression garments & instruct patients in correct application
- Develop appropriate individualized treatment programs for successful outcomes

## Course Schedule

### Day 1: Saturday, June 26th, 2021

- 2:00 Welcome, Introductions, Agenda approval
  - 2:30 Course Objectives, Terminology
  - 3:00 Anatomy & physiology of the Lymphatic system
  - 4:30 Typical Pathways and Causes of Lymphedema
  - 6:00 Break (supper)
  - 6:15 Research-based Principles of Treatment of Lymphedema: Anatomoses, Kubik's Watershed & Lymphotomes for the Arm & Trunk, Startling's Law
  - 7:30 Basic Techniques for drainage pathways & Alternate Pathways
  - 8:30 Understanding Lymphedema - Video
  - 9:00 Session ends
- ### Day 2: Sunday, June 27th, 2021
- 8:00 Q & A; Review of previous day
  - 8:15 Lymphedema treatment for the upper extremity
  - 9:00 Pathways for the upper extremity
  - 9:30 Demonstrate & practice major node clearing techniques
  - 10:15 Break
  - 10:30 Demonstrate & practice trunk & back techniques
  - 12:30 "Lunch In" Ann Elise Presents Compression Designs/Alternates To Bandaging and bandages
  - 1:00 Continued Practice Trunk and Back Techniques
  - 1:30 Demo & practice fluid mobilizing technique for arm
  - 2:00 Demo & practice protein reabsorption technique for arm
  - 2:30 Break
  - 2:45 Demo unilateral Lymphedema technique with breath, trunk, back,

- 3:15 arm mobilizing and reabsorbing Practice: unilateral Lymphedema treatment for Upper Extremity
- 5:00 Demo & practice bilateral Lymphedema treatment - one side
- 5:30 Demo bilateral - both sides
- 6:30 Session ends

### Day 3: Monday, June 28th, 2021

- 8:00 Q & A; Review of previous day
- 8:15 Lymphedema Case Study - Foldi Video 2
- 9:00 Evaluation / measurement methods of the Upper Extremity
- 9:45 Introduction to Lymphedema Exercises for the Arm and Self Massage
- 10:15 Break
- 10:30 Review: anatomy & physiology -the pelvis & leg lymphatic & circulatory system, -Watersheds & lymphotomes: normal & reroutes - Unilateral/ Bilateral Causes of lower extremity Lymphedema Insufficiency Edema vs. diagnosis
- 11:30 Pathways for the leg Review hand techniques
- 12:30 "Lunch In" Ann Elise presents: Appropriate Compression Pump on use of the pump with UE/LE
  - Indications
  - Contradictions
  - Pressures: Lymphedema, Venos statis, RSD, pre-post surgical edema
  - Demo & experience use of the compression pump
- 1:00 Demonstrate and Practice Unilateral Lymphedema Treatment for the Leg
- 2:45 Break
- 3:00 Demonstrate and Practice Bilateral

- 4:00 Lymphedema Treatment -One Side for the Leg
  - 4:15 Introduction to bandaging Demonstrate and Practice Compression Bandaging Techniques for the Leg (with foam)
  - 5:00 Demo & practice compression bandaging techniques for the arm
    - With foam
    - With finger wraps & padding
  - 6:15 Tie up loose ends - answer questions regarding test
  - 6:30 Session Ends
- ### Day 4: Tuesday, June 29th, 2021
- 8:00 Q & A -review of previous day
  - 8:15 Review anything requested
  - 8:30 Evaluation and Measurement Methods of the Lower Extremity
  - 9:15 Lower extremity self massage, MLDM, Exercise videos, Measurements
  - 10:15 Reimbursement: How to get paid Intake, Documentation, Outcomes
  - 10:45 Marketing Ideas - Handouts, Brochures, Cold Calls
  - 11:30 Test review
  - 12:00 Lunch (Presented by Ann Elise - How to Set up a Program)
  - 12:30 Case Study Review & Discussion: "The Effects of MLD & Exercise..."
  - 1:00 Practicum: Group Scenarios: Case Studies Self-management program Development for Managed Care
  - 1:30 Individual Practicum Test and Presentations
  - 2:15 Q & A, Wrap - Up
  - 2:30 Course Ends/Certificates Received

**Held at Lake Region Healthcare Space Limited-Register Today!!**