Pre-course Recommended Reading
Course Description
Therapists are often frustrated with persistent edema that continues to return in spite of their best efforts. Specific techniques to activate the lymphatic system will quickly and permanently reduce edema that presents as viscous, thick, and very slow to “rebound” from being pitted. Manual Edema Mobilization (MEM) was designed specifically to activate the lymphatic system. A new shorter version enables the therapist to do the technique in a 15 to 20 minute time frame thus allowing time in a treatment session to address other patient needs. Also a home self management MEM program is essential for success. Therefore, a short, easy to comply, effective program for the patient is also taught as part of the course. Because of the emphasis throughout the course on the lymphatic anatomy related to MEM techniques and specific hand pathologies, the participant will be able to tailor programs to individual patient needs and integrate into other treatment techniques. The extensive lab time and case study presentation enables participants to feel confident to immediately apply techniques in a clinical setting. MEM addresses over-whelmed intact “normal” nodes and lymphatics as found with sub-acute post trauma/surgery “persistent” edema and sub-acute and chronic post stroke hand edema. The technique is not appropriate for post cancer lymphedema or primary lymphedema.

MANUAL EDEMA MOBILIZATION for sub-acute hand/arm edema

Agenda
Friday:
7:30-8:00 Registration
8:00 Anatomy and physiology of the lymphatics
10:30 Break
10:45 Types of edema
11:15 Lab basics of Manual Edema Mobilization techniques
12:30 Lunch
1:30 MEM complete hand/forearm lab
3:00 Break
3:15 MEM lab resumed
5:15 Documentation/measurement
5:30 Adjourn

Saturday:
8:00 MEM application to specific pre- and post-surgical hand edema with case studies. Development of short clinic and home Tx programs
10:15 Break
10:30 Application to stroke patients
11:00 Lab: review of MEM methods
12:00-1:00 Lunch
1:00-2:30 Bandaging lab
2:30-3:00 Brief Kinesio® Taping Overview for Edema Reduction
3:00 Adjourn

*All breaks and lunch provided
- Please state any dietary issues at time of registration

Course enrollment is limited

Learning Objectives
Participants will be able to:
· discuss the anatomy and physiology of the lymphatic system
· describe the rationale and how to specifically mobilize the lymphatic system for edema reduction
· list the various types and stages of edema and describe ways to treat them
· practice Manual Edema Mobilization and compression techniques for orthopedic, sub-acute post surgical hand/arm edema and stroke hand/arm edema management
· describe problem-solving techniques in relation to complications of edema management (wound healing stages, infections, etc.)
· describe edema evaluation and documentation methods
· become proficient in application of MEM “Pump Point” stimulation
· write up an effective, short MEM management program

Speaker Bio
Course instructor-Vivian Dim is an Occupational Therapist who has worked in the areas of hand therapy and stroke rehabilitation for 12 years. She is a certified lymphedema therapist which includes manual lymph drainage as well as complex decongestive therapy. She is owner of Arm More Therapy, a private occupational therapy service treating individuals with upper extremity trauma, post-stroke and with chronic edema and lymphedema. She had recently been appointed the Canadian instructor for Manual Edema Mobilization by Sandra Artzberger the founder of the MEM treatment.