



Managing Limb Edema: Effective Compression and Manual Techniques

June 3-4, 2017
King of Prussia, PA

Course Description

This two day, evidence-based course is designed for PTs and OTs who treat acute and chronic edemas in the outpatient or home care setting. Day 1 will introduce the pathophysiology of limb edema, compression bandaging, and exercise to manage the venous and lymphatic component of limb edema. Lab will focus on the application of bandages to the lower extremity. Day 2 will focus on secondary mixed edemas, including orthopedic and neurologic. Tissue response to injury will be discussed. Manual edema resorption techniques will be introduced. Lab will focus on the application of manual techniques and advanced bandaging for various orthopedic and neurologic edemas. There will be ample time for case studies and problem solving. This course has a balanced amount of lecture and lab to allow for the immediate application of learned techniques.

Course Objectives

Upon completion of this course, participants will be able to:

- Describe the lymphatic system and its relationship to fluid balance and edema formation.
- Explain the principles of short stretch bandages and their proper application in the management of limb edema.
- Apply effective compression bandaging techniques using appropriate compression products depending upon the characteristics of the limb edema.
- Effectively perform manual edema resorption techniques for treatment of mild to moderate limb edemas.
- Integrate current best practice evidence of a comprehensive edema treatment program, including manual resorption techniques, compression bandaging, exercise, and intermittent pneumatic compression.

Course Agenda
Day 1

7:30 – 8 AM Registration and continental breakfast

8:00 - 9:30 AM Anatomy and physiology of the lymphatic system

- Review relevant anatomy and physiology of the lymph system and its relevance to the development of edema and chronic wound.

9:30 - 10:30 AM Introduction to the principles of compression...beyond the Unna Boot!

- Describe the physiologic rationale for the use of compression in the management of edema and chronic wounds.
- Discuss the relevant current evidence in the use of this compression.

10:30 - 10:45 AM *Mid-morning break*

10:45 - 12:00 PM Bandaging Products: Which Ones Do I Choose and Why?

- Review the assortment of product available and discuss the appropriate use of the products based on limb presentation. principles of compression bandaging
- Demonstrate appropriate lower extremity bandaging techniques
- Practice lower extremity bandaging (lab)

12:00 - 12:45PM *Lunch provided*

12:45 - 2:30 PM LE Bandaging Lab

- Practice lower extremity bandaging for various leg edema presentations

2:30 - 2:45 PM *Mid-afternoon break*

2:45 - 3:45 PM Evaluation of Limb Edema: Making the Differential Diagnosis

- Describe the components of a thorough edema evaluation
- Point out specific characteristics of different etiologies of edema

3:45 - 4:15 PM Case Study: Chronic Lower Extremity Edema in the Home Care Setting

- Putting theory into practice

4:15 - 4:30 PM Questions and Discussion

Day 2

7:30 - 8am	Registration and continental breakfast
8:00 – 9 AM	Soft Tissue Response to Injury <ul style="list-style-type: none">• Discuss the response of the vasculature to tissue trauma, including edema formation and tissue histological changes.
9:00 - 9:30 AM	Intermittent Pneumatic Compression in the Management of Edema <ul style="list-style-type: none">• Review the mechanism of action of IPC• Explain the physiologic rationale and appropriate parameters for IPC on various edema types.
9:30 - 10:30 AM	Introduction to Manual Edema Resorption Techniques <ul style="list-style-type: none">• Physiological rationale for manual edema resorption and demonstration of specific manual strokes• Lab to practice manual edema resorption strokes
10:30 - 10:45 AM	Mid morning Break
10:45 - 12 PM	Manual Edema Resorption <ul style="list-style-type: none">• Demonstrate and lab to practice manual edema resorption techniques and patterns for specific UE and LE edema presentations
12 - 12:45 PM	Lunch (provided)
12:45 - 1:30 PM	UE Bandaging for Specific Edema Presentations: Demonstration and lab
1:30 - 2:15 PM	Compression Garments: When and Why to Use Them <ul style="list-style-type: none">• Discuss and demonstrate the purpose of various compression garments for UE and LE edema
2:15 - 2:30 PM	Mid afternoon Break
2:30 - 3:00 PM	Effects of Exercise on the Venous and Lymphatic Systems <ul style="list-style-type: none">• Describe the physiologic effects of exercise on the vasculature• Review exercise programs to facilitate venous and lymphatic drainage
3:00 - 4:15 PM	Treatment Strategies for Specific Case Studies (Lab) <ul style="list-style-type: none">• Manual edema resorption patterns for specific UE and LE edema presentations• Compression bandaging for corresponding edema presentation
4:15 - 4:30 PM	Questions and Wrap Up