

Speakers:

Rose L. Hamm, PT, DPT, CWS, FCCWS

Lorraine Lovejoy-Evans, PT, DPT  
Földi-Certified Lymphedema Therapist

Marisa Perdomo, PT, MS, DPT  
Földi-Certified Lymphedema Therapist

**Schedule:**

**DAY ONE**

8:00-8:30 am	Registration
8:30-9:00	Course Goals and Objectives
9:00-10:00	Anatomy and Physiology
10:00-10:30	Physiology of Edema
<b>10:30-10:45</b>	<b>BREAK</b>
10:45-11:30	Differential Diagnosis of Peripheral Edema
11:30 am-12:30 pm	Lab Session – Vascular Screening
<b>12:30-1:30</b>	<b>LUNCH (On Your Own)</b>
1:30-2:00	Principles of Edema Interventions
2:00-2:30	Management of Edema Due to Oncologic and Orthopedic Diagnoses
2:30-3:30	Lab Session - Instruction in Drainage Pathways and Stroke Techniques
<b>3:30-3:45</b>	<b>BREAK</b>
3:45-4:15	Principles of Compression (Laplace's Law)
4:15-5:30	Lab Session – Bandaging the Lower Extremity
5:30-6:00	Questions and Answers

**DAY TWO**

8:00-8:30 am	Questions/Review
8:30-9:30	Differential Diagnosis of Lower Extremity Wounds Associated with Edema
9:30-9:50	Lab Session – Bandaging the Extremity
9:50-10:30	Exercise in Conjunction with Compression
<b>10:30-10:45</b>	<b>BREAK</b>
10:45-11:15	Patient Education
11:15 am-12:30 pm	Wound Management
<b>12:30-1:30</b>	<b>LUNCH (On Your Own)</b>
1:30-2:30	Compression Interventions – Selection Based On the Evidence
2:30-3:15	Lab Session – Measurement Techniques
<b>3:15-3:30</b>	<b>BREAK</b>
3:30-4:30	Case Studies
4:30-5:00	Questions and Answers
5:00-5:30	Course Evaluations

# Management of Lower Extremity Edema and Lymphedema

A Pre-Conference Course  
at APTA's 2008 Combined Sections Meeting

Tuesday, February 5, 2008 8:00 am - 6:00 pm  
Wednesday, February 6, 2008 8:00 am - 5:30 pm

**Description:**

This 2-day course is designed to provide physical therapists with an evidence-based approach to the differential diagnosis and intervention of peripheral edema. These intervention techniques are appropriate for patients who present with edema from a variety of etiologies, such as oncologic, orthopedic, wound, or acute complications. The foundation for making these clinical decisions will be covered through a review of anatomy and physiology of the circulatory system including the lymphatics, pathophysiology of edema, and a variety of edema pathologies. Interventions specific to managing edema associated with oncologic, orthopedic surgical procedures/incisions, chronic venous insufficiency, ankle hypomobility, lymphedema, vasculitis, and vasculopathy will be presented. Contraindications to edema treatment will be covered in detail.

This course will present a variety of evidence-based treatment interventions that can be used across multiple clinical settings. Several lab opportunities to facilitate edema management are designed to allow participants to practice non-invasive vascular screening, manual lymphatic drainage mobilization techniques, and compression techniques. Case studies are provided to reinforce the understanding of edema disorders and demonstrate treatment strategies. Clinicians will be instructed in the use of a home program of lymphatic mobilizations and edema management in treating oncology, orthopedic, and wound-related edema. Participants who complete this course will be able to develop and expand treatment options for the impairments and functional limitations due to the chronic and acute inflammatory process as a result of peripheral edema.

**Participants will be able to:**

- Understand the anatomy, physiology, and pathophysiology of the lymphatic and circulatory systems.
- Evaluate a patient with edema through a thorough medical history, systems review, and wound assessment.
- Determine a differential diagnosis for edema.
- Identify causes of edema formation and establish an evidence-based care plan based on the diagnosis.
- Establish effective care plans for patients with wounds caused by or complicated by edema.
- Select the appropriate method of compression to manage both acute and chronic edema based on vascular testing and differential diagnosis.
- Understand the philosophy and manual techniques of lymphatic mobilization and the relationship to improving function for patients with oncologic, orthopedic, chronic, and acute edema.
- Identify appropriate utilization of lymphatic mobilization in the rehabilitation program.
- Maximize treatment outcomes by instructing patients in a comprehensive self-care program.

## Interested in Oncology Rehabilitation? Join the Oncology Section of APTA!

**Benefits of Membership:**

- *Rehabilitation Oncology*, the Section's peer-reviewed journal, which is published 4 times a year.
- A quarterly Section electronic newsletter to keep you informed about the latest research and news in oncologic physical therapy. Free membership in the Lymphedema, Hospice and Palliative Care, and HIV/AIDS Special Interest Groups
- Answers to your questions via the Oncology Section listserv. News and members-only information through the Oncology Section's Web site: [www.oncologypt.org](http://www.oncologypt.org).
- Discounts on Section courses and products

- The opportunity to be included in the Clinical Research Network.
- **Discount on This Course!**

**To join, go to [www.apta.org](http://www.apta.org) OR call the Membership Department at 800/999-2782, ext. 3124.**

Questions? 800/999-2782, ext.8564  
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Register  
before 12/12/07  
and save!

[www.oncologypt.org](http://www.oncologypt.org)

Registration Form for  
*Management of Lower Extremity  
Edema and Lymphedema*

(also at [www.apta.org/csm](http://www.apta.org/csm))

A CSM 2008 Pre-Conference Course Co-Sponsored by the  
Oncology Section, the Clinical Electrophysiology and Wound  
Management Section, and the Orthopaedic Section\*

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	Early Bird 12/12/07	Advance 1/9/08	On Site
*PT Section Member	\$300	\$350	\$375
*PTA Section Member	\$275	\$325	\$350
APTA PT Non-Section Member	\$350	\$400	\$425
APTA PTA Non-Section Member	\$325	\$375	\$400
Non Member	\$400	\$450	\$475
Section Student Member	\$200	\$225	\$250
APTA Student Member	\$225	\$250	\$275
Student Non Member	\$250	\$275	\$300

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**Paying by credit card?** Fax your registration to 703/706-3396; call 800/999-2782, ext. 3395; or mail to the APTA (see below).

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**Paying by check?** Make payable to APTA, and mail to APTA, 2008 CSM Registration, 1111 North Fairfax St, Alexandria VA 22314.

If you haven't received written confirmation by Feb 1, 2008, please call the Service Center at 800/999-2782, ext. 3395.

**Accommodations:** The form can be downloaded at [www.apta.org/csm](http://www.apta.org/csm). You may also contact 800/999-2782, ext. 3395, and we will be happy to fax or e-mail you a housing form.

**Cancellations:**

- Although we make every effort not to, on occasion, due to low participation, it may be necessary to cancel a pre-conference course. In the event this happens, you will be notified as soon as possible, and will be given the opportunity to select another pre-conference course or request a refund.
- Should you find it necessary to cancel your registration, APTA requires a written request for cancellation that must be received on or before January 11, 2008, to be refunded in full. A 20% handling charge will be assessed for written cancellations postmarked between January 12 and February 1, 2008. No refunds will be issued after February 1, 2008.

**Oncology Section, APTA  
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A Pre-Conference Course  
at APTA's 2008 Combined  
Sections Meeting in  
Nashville, TN

**Management of  
Lower Extremity  
Edema and  
Lymphedema**

**Tuesday, February 5, 2008**

**8:00 am ~ 6:00 pm**

**~and~**

**Wednesday, February 6, 2008**

**8:00 am – 5:30 pm**

**1.6 CEUs**

Co-Sponsored by the Oncology Section, the  
Clinical Electrophysiology and Wound  
Management Section, and the Orthopaedic  
Section. Members of these APTA Sections  
register at a discount!

Register by December 12, 2007  
for the early-bird discounted rate!

**APTA**  
American Physical Therapy Association  
Oncology Section