

## Registration Information

Please fax this form to:

**Rebecca Bloor**  
**705-739-5616**

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

Organization: \_\_\_\_\_

Professional Designation: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Course Fee:**

\$360.00 Before March 1, 2012

Please make cheques payable to:  
Royal Victoria Hospital

Credit Card Information (VISA / MC)

Name on Card: \_\_\_\_\_

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

Expiration Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

For more information contact:

Rebecca Bloor

Organizational Development (RVH)

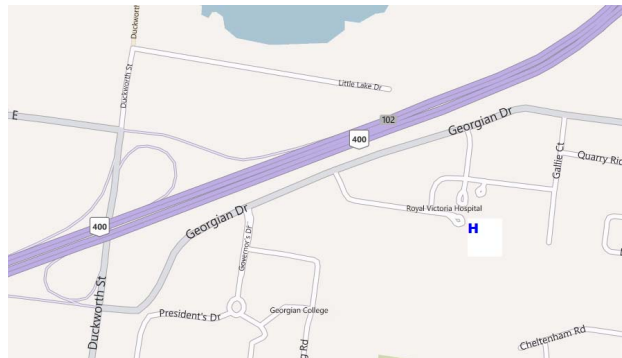
1 Quarry Ridge Road, LL4

Barrie, ON L4M 7G1

bloorr@rvh.on.ca

(705)728-9090 ext. 42620

## Location/ Directions



## Additional Information

- ✓ Beverages and snacks for morning and afternoon breaks will be provided. Lunch is not included. Multi vendor cafeteria on site.
- ✓ Confirmation of registration will be sent to you electronically.
- ✓ Please dress in short sleeves and layers for practical labs.
- ✓ Parking at RVH is \$15 per day and is payable by cash, VISA, Mastercard or debit.



## Manual Edema Mobilization for Sub-Acute Arm/ Hand Edema

### **Target Audience:**

**OT, PT, Rehab Assistants,  
& Students**

**Saturday April 14, 2012**

**8:00 am —5:00 pm**

**&**

**Sunday April 15, 2012**

**8:00 am —3:30 pm**

### **Course Location:**

**Royal Victoria Hospital**

**201 Georgian Drive**

**3rd Floor Auditorium**

**Barrie, ON**

**L4M 6M2**

## Course Description

## Course Outline

## Course Objectives

Therapists are often frustrated with persistent edema that continues to return in spite of their best efforts. Manual Edema Mobilization (MEM) was designed specifically to activate the lymphatic system to permanently and quickly reduce viscous, thick, slow to "rebound", pitting edema in overwhelmed intact "normal" nodes and lymphatics as found with sub acute post trauma/ surgery and chronic post stroke hand edema. MEM short treatment techniques can be completed in 15 to 20 minutes. Provision of a manageable home program is essential to patient success and adherence to MEM treatment. Through extensive lab time and case study presentations participants will learn to tailor programs to individual patient needs and feel confident to immediately apply techniques in a clinical setting. The MEM technique is not appropriate for post cancer lymphedema or primary lymphedema.

**Instructor:** Vivian Dim OT Reg (Ont), is a private practice therapist and co founder of Arm More Therapy. She is a certified lymphedema therapist (LLDT) and has over 10 years hand therapy experience.

### **Day 1: Saturday April 14, 2012**

- 8:00 - 8:30 Registration
- 8:30 - 8:45 Introduction
- 8:45 - 9:45 Anatomy & Physiology of Lymphatics
- 9:45 -10:30 Types of Edema
- 10:30 -10:45 Break
- 10:45 -12:30 Lab Basics of Manual Edema Mobilization Techniques
- 12:30 - 1:15 Lunch
- 1:15 - 3:00 MEM Complete Hand/ Forearm Lab
- 3:00 - 3:15 Break
- 3:15 - 4:15 MEM Lab
- 4:15—4:45 Documentation & Measurement
- 4:45 - 5:00 Questions/ Wrap Up

### **Day 2: Sunday April 15, 2012**

- 8:00 - 8:45 Lab Review- MEM Method
- 8:45- 9:45 MEM Application to Specific Pre/Post Surgical Hand Edema & Case Studies
- 9:45-10:30 MEM Application to Stroke Survivors
- 10:30-10:45 Break/ Vendor Tables
- 10:45-11:30 Developing Short Clinic and Home Treatment MEM Programs
- 11:30-12:30 Bandaging Lab
- 12:30-1:30 Lunch/ Vendor Tables
- 1:30 - 2:00 Kinesio Tape for Edema Reduction
- 2:15 - 3:00 Break/ Vendor Tables
- 3:00-3:30 Case Study Examples
- 3:15 - 3:30 Questions/ Adjournment

- ✓ Discuss anatomy and physiology of the lymphatic system
- ✓ List types and stages of edema and how to treat them
- ✓ Describe clinical rationale for how and when to use MEM for patients with sub acute chronic persistent edema
- ✓ Practice manual edema mobilization including MEM 'Pump Point' stimulation and compression techniques for orthopedic, sub acute post surgical hand/ arm and stroke hand/ arm edema
- ✓ Document outcomes and evaluate changes in edema of the hand and arm
- ✓ Participate in case study presentations outlining MEM treatment plans
- ✓ Problem solve complications of edema management including wound healing stages and infection
- ✓ Devise short MEM treatment programs

