

5-Day Course – Timed programme (2018)

Day 1 (9.30:00-17:30)

Introductions, aims and objectives

Anatomy revisited

Evidence for use of MLD

Lunch

Diversion pathways

Fluoroscopy in the assessment of oedema

New Dimensions and understanding of lymphatics

Practical session of FG-MLD (below knee and post traumatic)

Day 2 (9.30:00-17:30)

Review of anatomical lower limb drainage pathways

Lower limb diversion pathways Drainage of the lower limb

Practical session outlining pathways

Preparation and Live fluoroscopy

Lunch

Pathways of lower limb demonstrated with fluoroscopy

Practical skills lab -exercise, occlusion pressure, hand movements

Practical skills for whole limb oedema

Day 3 (9.30:00-17:30)

Indications and contraindications of MLD

How to perform MLD of the upper limb simple

How to perform MLD for complicated upper limb

Lunch

What we already know and Sequencing

Management Genital, Midline and Breast Oedema

Pathways and MLD of Genital, Midline and Breast oedema

MLD review lower limbs

Day 4 (9.30:00-17:30)

Theory examination

Consolidation of MLD and Case Study Practice

practicing Practical Exam x 4 groups

Staggered lunches

Head and Neck Theory Practice and treatment

Case study review

Evaluation and Close

Day 5 (9.30:00-17:30)

Consolidation of MLD and Case Study Practice

Practical Exam x 4 groups

Staggered lunches

Head and Neck Theory Practice and treatment

Case study review

Evaluation and Close