Each training consist on 2 parts : theoretical and practical.

**Day 1: Theoretical**

• the biophysics basics of circulation system

• the anatomy of lymphatic system

• diagnostics of lymphatic system (near-infra-red fluorescence lymphography ICG)

• the principles of MLD

• indication and contraindication to the use of compression

• oedemas differentiation ( I mean how to differentiate lymphoedeam from lipoedema, and from venous oedema, and from mixed oedemas )

• complex physical decongestive therapy of oedema (what is it, why it should be complex, ISL, IFL and ESL guidelines/standards)

• the Mobiderm protocol (what is it, what it consist on, what is the Mobiderm mechanism of action, how to choose and apply right value of compression, what means calibrated compressive bandage)

• medical mtm compressive garment (why mtm, what are the ranges available, what are the differences between each kind)

**Day 2: Practical**

Practical session/part of chosen training covers :

• The Mobiderm protocol in practice (how and when to apply Mobiderm, how to bandage hand/foot and rest of limb, how to use Biflexideal, how to use Biflex) Each participant need to be equipped with full set of bandages in order to practise/to excercise

• mtm compressive garment (Mobiderm, Lymphatrex, Lymphology) (how the measurements should be taken, what is available in each range)

• ICG mapping of superficial lymphatic system (demonstration)

• MLD in practise (based on Lymphatic system anatomy, to choose from upper limb or lower limb MLD) demonstration how to use ICG mapping

• CC visiting during patient treatment