



\$350.00 Registration before March 8, 2013
\$400.00 after March 8, 2013

REGISTRATION FORM

Last Name _____

First Name _____

Address _____

City _____ Postal Code _____

Telephone () _____

Email _____

Professional Designation _____

Facility Name _____

PAYMENT

Cheque \$350/\$400

* Please make cheques payable to:
Occupational Therapy Education Fund - T-085

* Mail to: Ellie Theriault
Administrative Assistant
Rehabilitation and Supportive Care Services
5955 Veterans Memorial Lane, Room 2122
Halifax, NS, B3N 2E1

P. (902) 473-7962

F. (902) 473-7938

Pre-course Recommended Reading

Chapter 3, Edema Reduction Techniques: A Biologic Rationale for Selection in Fundamental of Hand Therapy, Cooper editor, Mosby/Elsevier publisher; or Chapter 53 Manual Edema Mobilization: treatment for edema in the sub acute Hand found in Rehabilitation of the Hand and Upper Extremity 5th or 6th edition, Mackin et al editors; or internet Document from the South African Journal of Hand Therapy Dec.-July 2003 entitled: Hand Manual Edema Mobilization: overview of a new concept. Found by doing a Google search for manual edema mobilization, article listed as e-doc interactive (usually one of the first five listings) Research reading: Journal of Hand therapy Oct/Dec. 2008, Vol. 21, #4, Changes in Edema, Pain, or Range of Motion Following Manual Edema Mobilization: A Single -case Design Study, Author V. Priganc and M. Ito, pp.326-334. JHT (online) vol. 23, issue 4, Oct. 2010, in print Jan-March 2011 JHT, Manual Edema Mobilization; Edema Reduction for Sub acute hand/arm edema (based on MEM pump points) Karin Roenhoej and Thomas Maribo.

Nova Scotia Rehab Centre
1341 Summer Street
Halifax, Nova Scotia, B3H 4K4



For more information contact:
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Manual Edema Mobilization for Sub-Acute Arm/Hand Edema

April 19 & 20, 2013
Nova Scotia Rehab Centre

1341 Summer Street
Halifax, Nova Scotia, B3H 4K4
(Education Rooms 1 & 2)

Length of Course: 15 hours
For: OTs, PTs & Hand Therapists



Manual Edema Mobilization for Sub-Acute Arm/Hand Edema

Course Description

Therapists are often frustrated with persistent edema that continues to return in spite of their best efforts. Specific techniques to activate the lymphatic system will quickly and permanently reduce edema that presents as viscous, thick, and very slow to “rebound” from being pitted. Manual Edema Mobilization (MEM) was designed specifically to activate the lymphatic system.

A new shorter version enables the therapist to do the technique in a 15 to 20 minute time frame thus allowing time in a treatment session to address other patient needs. Also a home self management MEM program is essential for success. Therefore, a short, easy to comply, effective program for the patient is also taught as part of the course. Because of the emphasis throughout the course on the lymphatic anatomy related to MEM techniques and specific hand pathologies, the participant will be able to tailor programs to individual patient needs and integrate into other treatment techniques. The extensive lab time and case study presentation enables participants to feel confident to immediately apply techniques in a clinical setting. MEM addresses over-whelmed intact “normal” nodes and lymphatics as found with sub-acute post trauma/surgery “persistent” edema and sub-acute and chronic post stroke hand edema. The technique is not appropriate for post cancer lymphedema or primary lymphedema.



MANUAL EDEMA MOBILIZATION for sub-acute hand/arm edema

Agenda

Friday:

7:30-8:00	Registration
8:00	Anatomy and physiology of the lymphatics
10:30	Break
10:45	Types of edema
11:15	Lab basics of Manual Edema Mobilization techniques
12:30	Lunch
1:30	MEM complete hand/forearm lab
3:00	Break
3:15	MEM lab resumed
5:15	Documentation/measurement
5:30	Adjourn

Saturday:

8:00	MEM application to specific pre- and post-surgical hand edema with case studies. Development of short clinic and home Tx programs
10:15	Break
10:30	Application to stroke patients
11:00	Lab: review of MEM methods
12:00-1:00	Lunch
1:00-2:30	Bandaging lab
2:30-3:00	Brief Kinesio® Taping Overview for Edema Reduction
3:00	Adjourn

****All breaks and lunch provided***

- Please state any dietary issues at time of registration

Course enrollment is limited

Learning Objectives

Participants will be able to:

- discuss the anatomy and physiology of the lymphatic system
- describe the rationale and how to specifically mobilize the lymphatic system for edema reduction
- list the various types and stages of edema and describe ways to treat them
- practice Manual Edema Mobilization and compression techniques for orthopedic, sub-acute post surgical hand/arm edema and stroke hand/arm edema management
- describe problem-solving techniques in relation to complications of edema management (wound healing stages, infections, etc.)
- describe edema evaluation and documentation methods
- become proficient in application of MEM “Pump Point” stimulation
- write up an effective, short MEM management program

Speaker Bio

Course instructor-Vivian Dim is an Occupational Therapist who has worked in the areas of hand therapy and stroke rehabilitation for 12 years. She is a certified lymphedema therapist which includes manual lymph drainage as well as complex decongestive therapy. She is owner of Arm More Therapy, a private occupational therapy service treating individuals with upper extremity trauma, post-stroke and with chronic edema and lymphedema. She had recently been appointed the Canadian instructor for Manual Edema Mobilization by Sandra Artzberger the founder of the MEM treatment.