



Modern MLD Certification 3 Day Schedule*

Online Pre-Course Work + 3 Days Live Training, 8am-7pm

**schedule subject to change*

Day 1: Modern MLD Certification (10 CE hrs)

8am – 7pm; Lunch Break: 1-2pm

7:30-8:00am	Attendee Sign-In
8:00-10:30am	Lecture: Intro to Modern MLD & Lymphatic Rehabilitation (Review & Q&A)
10:30-10:45am	Peer Networking, Q&A, Bathroom Break
10:45am-1:00pm	Lab: Palpation Dermis, Hypodermis, Fascia of Trunk & UE
	UE Central Decongestion Lab: Venous Angle, Thoracic Duct
	UE Central Decongestion Lab: Cisterna Chyli
	UE Central Decongestion Lab: Iliac Nodes & Lumbar Trunks
	UE Lymph Nodes Lab: Cervical, Supraclavicular, Scapular
	UE Lymph Nodes Lab: Parasternal, Paravertebral, Intercostal
	UE Lymph Nodes Lab: Axillary, Pectoral, Cubital
1:00-2:00pm	LUNCH BREAK
2:00-2:15pm	Q&A, Review
2:15-4:30pm	MLD Lab: Sequence Maps & Central Decongestion for Upper Extremity Lymphedema
	Lymph Mobilization Lab: Superficial Collectors UE
	Substitution Pathways of UE
	Assessment Lab: Bjork Bow Tie Test & Mapping UE & Trunk
4:30-4:45pm	Peer Networking, Q&A, Bathroom Break
4:45-6:45pm	Soft Tissue Remodeling Lab: Congestion Zones & Fibrotic Tissue Techniques Trunk & UE
	Lymph Mobilization Lab: Opening Dermal Lymphatic Capillaries - Trunk & UE
	Lymph Mobilization Lab: Fluid Displacement through Subcutaneous Tissue & Dermal Lymphatic Capillaries - Trunk & UE
	Lab: UE Deep Collectors & Self MLD Techniques/Home Program
6:45-7:00pm	Review, Q&A
7:00pm	Attendee Sign-out

Day 2: Modern MLD Certification (10 CE hrs)

8am – 7pm; Lunch Break: 1-2pm

7:45-8:00am	Attendee Sign-In
8:00-10:00am	Review & LE Central Decongestion Lab: Venous Angle, Thoracic Duct, Cisterna Chyli, Iliac Nodes & Lumbar Trunks
	LE Lymph Nodes Lab: Paravertebral, Horizontal & Vertical Inguinal, Popliteal
	LE Lymph Mobilization Lab: AII, PII, RIA, LIA Anastomoses
10:00-10:15am	Peer Networking, Q&A, Bathroom Break
10:15am-1:00pm	MLD Lab: Sequence Maps & Central Decongestion for Lower Extremity Lymphedema
	Lymph Mobilization Lab: Superficial Collectors LE
	Assessment Lab: Bjork Bow Tie Test & Mapping LE & Pelvis
	Soft Tissue Remodeling Lab: Congestion Zones & Fibrotic Tissue Techniques Pelvis & LE
	Lab: LE Deep Collectors & Self MLD Techniques/Home Program
1:00-2:00pm	LUNCH BREAK
2:00-3:30pm	Lymph Mobilization Lab: Opening Dermal Lymphatic Capillaries – Pelvis & LE
	Lymph Mobilization Lab: Fluid Displacement through Subcutaneous Tissue & Dermal Lymphatic Capillaries – Pelvis & LE
3:30-3:45pm	Peer Networking, Q&A, Bathroom Break
3:45-6:30pm	Group Full Sequences UE
	Group Full Sequences LE
6:30-7:00pm	Review, Q&A
7:00pm	Attendee Sign-out

Day 3: Modern MLD Certification (10 CE hrs)

8am – 7pm; Lunch Break: 1-2pm

7:45-8:00am	Attendee Sign-In
8:00-9:15am	Head/Neck Lymph Nodes Lab: Posterior Cervical & Jugular Chains, Preauricular & Retroauricular Chains, Submandibular, Submental, & Occipital Nodes
	Group Lab: MLD for Head & Neck Lymphedema
	Discussion: MLD for Pelvic & Genital Lymphedema
9:15am-9:45am	Group Activity: Complex Case Study Development
9:45-10:30am	Group Activity: Complex Case Study Mapping & POC Development, Presentation Preparation
10:30-10:45am	Peer Networking, Q&A, Bathroom Break
10:45am-	Group Activity: Complex Case Study Presentations

11:45am	
11:45am-1:00pm	Lab: Full UE Sequence
1:00-2:00pm	LUNCH BREAK
2:00-3:30pm	Lab: Full LE Sequence
3:30-3:45pm	Peer Networking, Q&A, Bathroom Break
3:45-4:45pm	PRACTICUM: Complex Case Study POC Development, Mapping MLD Sequences, Review
4:45-6:45pm	CONT PRACTICUM: Case Study Presentation & Perform MLD Sequences
6:45-7:00pm	Closing, Self Reflection
7:00pm	Attendee Sign-Out, Evaluations & Certificates