



**S.T.R.I.D.E. Certified Compression Specialist (CCS) 4 Day Schedule\***  
**On-line Pre-Course Work + 4 Days Live Training, 8am-7pm**

*\* schedule subject to change*

**Day 1: S.T.R.I.D.E. Certified Compression Specialist (10 CE hrs)**

8am – 7pm; Lunch Break: 1-2pm

7:30-8:00am	Attendee Sign-In
8:00-8:30am	Principles of Compression Bandaging
	Bandaging Indications, Precautions & Contraindications
8:30-9:30am	Lab: Toe Bandaging
9:30-10:15am	Lab: MLLB Lower Leg
10:15-10:30am	Peer Networking, Q&A, Bathroom Break
10:30am-11:15am	Cont. Lab: MLLB Lower Leg
11:15am-1:00pm	Lab: Custom, No-Slip, MLLB Lower Leg with Fibrotic Tissue Management
1:00-2:00pm	LUNCH BREAK
2:00-3:00pm	Lab: Custom, No-Slip, MLLB Full Leg with Fibrotic Tissue Management
3:00-3:15pm	Peer Networking, Q&A, Bathroom Break
3:15-4:15pm	Cont Lab: Custom, No-Slip, MLLB Full Leg with Fibrotic Tissue Management
4:15-5:15pm	Lab: Finger Bandaging
5:15-7:00pm	Lab: Custom, No-Slip, MLLB Full Arm
7:00pm	Attendee Sign-Out

**Day 2: S.T.R.I.D.E. Certified Compression Specialist (10 CE hrs)**

8am – 7pm; Lunch Break: 12-1pm

7:45-8:00am	Attendee Sign-In
8:00-10:00am	Lab: Custom, No-Slip, MLLB Full Leg with Fibrotic Tissue Management
10:00-10:15pm	Peer Networking, Q&A, Bathroom Break
10:15am-12:00pm	Lab: Custom, No-Slip, MLLB Full Arm with Fibrotic Tissue Management; Self Bandaging
12:00-1:00pm	LUNCH BREAK
1:00-3:30pm	Bandaging Practice and <b>PRACTICUMS</b>
3:30-3:45pm	Peer Networking, Q&A, Bathroom Break
3:45-4:45pm	(cont.) Bandaging Practice and <b>PRACTICUMS</b>

4:45-5:30pm	Lab: Genital Bandaging
5:30-7:00pm	The Ultimate MLLB Challenge
7:00pm	Attendee Sign-Out

### Day 3: S.T.R.I.D.E. Certified Compression Specialist (10 CE hrs)

8am – 7pm; Lunch Break: 12-1pm

7:45-8:00am	Attendee Sign-In
8:00-9:15am	Review Lecture: S.T.R.I.D.E. - Compression Garment Science, Engineering, and Categorization
	Compression Indications, Precautions & Contraindications
9:15-10:15am	Differential Diagnosis of Edema/Lymphedema Etiologies
	S.T.R.I.D.E. Professional Guide to Compression Selection – Demo How to Use/Case Examples
10:15-10:30am	Peer Networking, Q&A, Bathroom Break
10:30-11:00am	Circumferential Measurements, Volume
11:00am-Noon	Circular Knit Textiles/Garments for Different Types of Edema
	Workshop: Measuring & Fitting for Upper & Lower Extremity Circular Knit Garments
	Workshop: Donning and Doffing Tips, Techniques, and Devices for Circular Knit Garments
Noon-1:00pm	LUNCH BREAK
1:00-4:30pm	Flat Knit Textiles/Garments for Different Types of Edema
	Workshop: Custom Flat Knit Measuring & Fitting for Lower Body
	Workshop: Custom Flat Knit Measuring & Fitting for Upper Body
4:30-4:45pm	Peer Networking, Q&A, Bathroom Break
4:45-5:45pm	Demo/Group Lab: Application 2-Layer Compression Option, Thigh High, with Integrated Texture
5:45-7:00	Case Studies & Wrap Up
7:00pm	Attendee Sign-Out

### Day 4: S.T.R.I.D.E. Certified Compression Specialist (10 CE hrs)

8am – 7pm; Lunch Break: 12:30-1:30pm

7:45-8:00am	Attendee Sign-In
8:00-9:15am	Lab: ABI Procedure
9:15-10:30am	Adjustable Wraps for Different Types of Edema Etiologies
	Workshop: Measuring & Fitting for Adjustable Wraps
	Workshop: Trimming & Fitting Decongestive Garments
10:30-10:45am	Peer Networking, Q&A, Bathroom Break
10:45-11:00am	Head/Neck & Trunk Compression Garments
11:00-12:00pm	Lab: Custom Measuring AW with LCS for Advanced Lymphedema
12:00-1:00pm	LUNCH BREAK
1:00-2:00pm	Night Garments for Different Types of Edema
	Workshop: Measuring & Fitting for Night Garments
2:00-2:30pm	IPC

2:30-3:30pm	Billing & Reimbursement for Garments
3:30-3:45pm	Peer Networking, Q&A, Bathroom Break
3:45-4:15pm	Compression Documentation
4:15-5:00pm	Case Examples & Discussion
5:00-6:30pm	Case Studies, Plan of Treatment Development, & Garment Selection
	Putting It all Together - Group Case Study Presentations
6:30-7:00pm	Review/Wrap up, Self-Reflection, Evaluations, Attendee Sign-Out