S.T.R.I.D.E. Certified Compression Specialist (CCS) TELETRAINING 2020-2021 Detailed Schedule – Session Content
(note: session topics subject to change based on availability of presenters)

*6hrs Required S.T.R.I.D.E.™ CCS on-line pre-course work to be completed before Session 1
* Access to optional Lymphatic Rehabilitation course provided

40 CE hrs Live TELETRAINING Sessions

Session 1 (4 CE hrs)
Lead Instructor: Robyn Bjork MPT, CWS, CLT-LANA, CLWT
- Principles & Science of Compression Therapy
- Indications, Precautions, Contraindications, ABI
- CDT and Compression – When, How, Why?
- Introduction to Compression Bandaging – Understanding the Layers
- S.T.R.I.D.E. Compression Garment Engineering, and Categorization
- Edema Assessment & Measuring
- Compression for Volume Reduction and Soft Tissue Remodeling
- Differential Diagnosis of Edema/Lymphedema Etiologies

Session 2-3 (8 CE hrs) (You will need a volunteer to work on)
Lead Instructors: Suzie Ehmann DPT, CWS, CLT-LANA, CLWT; Robyn Bjork MPT, CWS, CLT-LANA, CLWT
- Finger Bandaging
- Hand Bandaging
- Full Upper Extremity Bandaging with Fluff
- Toe Bandaging
- Foot & Ankle Bandaging
- Lower Leg Bandaging
- Thigh Bandaging
Session 4-5 (8 CE hrs) (You will need a volunteer to work on)
Lead Instructors: Suzie Ehmann DPT, CWS, CLT-LANA, CLWT; Robyn Bjork MPT, CWS, CLT-LANA, CLWT
- Finger Bandaging
- Hand Bandaging
- Full Upper Extremity Bandaging with Roll Foam
- Integrated Textured Textiles for Fibrotic Tissue Management
- Case Studies
- Toe Bandaging
- Foot & Ankle Bandaging with Integrated Textured Textiles
- Full, Customized LE Bandaging with Non-Slip, Structural Foam, and Customized Textured Textiles for Fibrotic Tissue Management
- Case Studies

Session 6-7 (8 CE hrs) (You will need a volunteer to work on)
Lead Instructors: Suzie Ehmann DPT, CWS, CLT-LANA, CLWT; Robyn Bjork MPT, CWS, CLT-LANA, CLWT; Marijke Carson PT, CWS, CLT-LANA, CLWT
- Genital Bandaging
- Open Bandaging Lab
- Bandaging Practicums

Session 8-9 (8 CE hrs)
Lead Instructor: Robyn Bjork MPT, CWS, CLT-LANA, CLWT
- Custom Flat Knit Measuring Lab (You will need access to a volunteer to measure for ~ 2hrs)
- Compression Garments - Guest Presentations TBD
  - BSN/JOBST
  - Lohmann & Rauscher
  - Sigvaris
  - Medi
  - Juzo

Session 10 (4 CE hrs)
- Billing, Reimbursement, Documentation – Guest Expert Brandy McKeown (1hr)
- Case Studies – Putting it all together – Guest Expert Presentation by Suzie Ehmann DPT, CWS, CLT-LANA, CLWT, ILWTI Director of Compression Education (3hrs)