



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

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| 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 |
| 2:15-4:30 | 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

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| 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

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| 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 |

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| 11:45pm | |
| 11:45am-1:00pm | Lab: Full UE Sequence |
| 1:00-2:00pm | LUNCH BREAK |
| 2:00-3:30 | 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 |