



## **January 10-18, 2024 Teletraining Modern MLD Certification Schedule**

*\*schedule subject to change*

20hrs On-line Pre-Course Work

30hrs Live Teletraining Sessions

### **REQUIRED On-Line Course Completion before Session 1:**

#### ***Lymphatic Rehabilitation***

Passing Grade Online Course=Cumulative Score 70% or higher

### **Modern MLD COURSE January 10-18, 2024 (30 CE hrs)**

**MLD Session 1: Wednesday, January 10, 2024, 5:30 – 9:30pm EST (4 CE hrs)**

**Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

- Lymphatic Anatomy, Physiology, & Pathophysiology
- Intro to Modern MLD & Lymphatic Rehabilitation

**MLD Session 2-3: Friday January 12, 2024 10:00am– 7:00pm EST (8 CE hrs)**

**YOU WILL NEED A VOLUNTEER TO PRACTICE ON FOR THE ENTIRE DAY**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Co-Instructor: Donna Case COTA/L, CLWT**

- Central Decongestion:
  - Modern MLD Techniques for Venous Angle, Diaphragm, Cistern of Chyli
  - Modern MLD Techniques for Iliac Nodes, Lumbar Trunks
  - Modern MLD Techniques for Regional LymphNodes: Axillary, Horizontal Inguinal
  - Modern MLD Techniques for Anterior Axillo-Axillary (AAA), Posterior Axillo-Axillary (PAA), Axillo-Inguinal (AI), Inguinal-Axillary (IA), Anterior Inter-Inguinal (AII), and Posterior Inter-Inguinal (PII) Anastomoses
- Peripheral Decongestion:
  - Modern MLD Techniques for Peripheral LymphNodes: Pectoral, Cervical,

Supraclavicular, Infraclavicular, Parasternal, Paravertebral, Intercostal,

Subscapular, Cubital, Vertical & Lateral Inguinal, Popliteal

- Modern MLD Techniques for Collectors of Lateral Axillary Subclavicular, Inferior Inguinal, Popliteal, and Lateral Inguinal Lymphosomes
- Modern MLD Techniques for Common Congestion Zones (UE & LE) & Fibrotic Soft Tissue Techniques
- Custom, UE Modern MLD Sequences
- Custom, LE Modern MLD Sequences

**MLD Session 4-5: Saturday January 13, 2024 10:00am –7:00pmEST (8CE hrs)**

**Lead Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

**Co-Instructor: Donna Case COTA/L, CLWT**

**YOU WILL NEED A VOLUNTEER TO PRACTICE ON FOR THE ENTIRE DAY**

- Modern MLD Techniques for Dermal Lymphatic Capillaries
- Full UE Modern MLD Sequences
- Full LE Modern MLD Sequences
- Trunk MLD
- Genital MLD
- Group Presentations and Guided Full Modern MLD Sequences, with Integrated Therapeutic Exercises & Self-MLD

**MLD Session 6: Wednesday Jan 17, 2024 5:30–9:30pmEST(4 CE hrs)**

**Instructor: Marijke Carson PT, CWS, CLT-LANA, CLWT**

5:30-6:00pm EST: Guest Presentation VitaSupport MD-MPFF's

6:00-9:30pm EST:

- Soft Tissue Assessment
- Customized Mapping of Modern MLD
- Case Studies
- Group Assignment

**MLD Session 7: Thursday, January 18, 2024 5:30–9:30pmEST (4 CE hrs)**

**Instructor: Becca Parker-Bell DPT, CLWT**

- 5:30-6:30pm EST Guest Presentation Tactile Medical – Flexitouch Lymphedema Pumps
- 6:30-7:30pm EST Guest Presentation Lymphapress- Breakdown on IPC
- 7:30-8:00pm EST Guest Presentation by Koya Medical
- 8:00-9:30pm EST Introduction to Breast Cancer/Oncology Rehabilitation – Guest Expert Lisa Marshall OTR/L, CLT, CLWT

### **MLD Session 8: (2hrs) Oral Exam & Practicum**

*Oral practicums will be a quick 20 min review of your case study and mapping one on one with an instructor.*

*Full practicum is a 1hr 15 min session one on one with a instructor with you doing a full MLD treatment based off of a case study. (You will need a volunteer for the full practicum)*

Monday January 22, 2024: Oral practicums 5:30-9:30pm EST (you will be scheduled a 20 min time slot during these hours.

Tuesday January 23, 2024: Full practicums 5:30-9:00pm EST (you will be schedule a 1 hr 15 min time slot on this Tues or Wed)

Wednesday January 24, 2024: Full practicums 5:30-9:00pm EST

**\*\*If for some reason these practicum times do not work for you we will work out another time within 1 week following the end of the course.**