Manual Lymphatic Technique Level I Workshop
Non-Credit Continuing Education Course

Date: Saturday & Sunday May 3rd & 4th, 2014
Time: 9:00 am - 5:00 pm

Course Description: Manual lymphatic drainage techniques use very light pressure strokes delivered in specific sequences to stimulate lymphatic vessels and improve lymphatic uptake and flow. Participants will learn the palpation skills and foundational strokes required to perform manual lymph drainage. Basic knowledge of lymphatic system anatomy, physiology, and factors that regulate interstitial fluid volume will be presented. This workshop will be a blend of didactic content, manual skills instruction, and practical applications of MLD techniques in the management of dynamic edema conditions such as post-surgical and post-traumatic edemas.

Location: East Stroudsburg University Lehigh Valley Campus, 60 W. Broad Street, Bethlehem, PA

Purpose: Provide a hands-on introductory workshop on the manual lymphatic drainage techniques.

Prerequisite Skills:
- Prior coursework in basic anatomy & physiology
- Prior instruction/training basic massage techniques

Course Content:
- Lymphatic system anatomy including superficial and deep lymphatic pathways
- Physiology and pathophysiology of the lymphatic system (i.e. forces that control fluid exudation, edema formation, absorption, and circulation)
- Indications, precautions, contraindications for the use of manual lymphatic drainage technique
- Manual skill instruction
- Sequences for the treatment of mild, medically uncomplicated primary or secondary dynamic edema

Target Audience:
- Healthcare practitioners with manual therapy training (ATC, PT, PTA, RN, etc.)
- Medically-oriented Massage therapists (LMT)

Learning Objectives:
Participants will be able to:
- List the components of the lymphatic system (lymph, vessels, tissues, organs)
- Identify indication, precautions, and contraindication for MLD
- Palpate normal superficial and deep lymphatic pathways
- Develop appropriate treatment strategies for conditions such as post-surgical edema, post-traumatic edema, general detoxification and other conditions
- Perform basic MLD strokes and sequences

Instructional Format:
- This 2-day weekend workshop will include a combination of didactic presentations, demonstrations, and hands-on skill practice and application. Participants should come prepared to actively engage in manual skill work.
- Participants will receive supporting instructional materials to assist them with mastery the concepts and skills presented.

Contact Hours:
- 14 hours of direct instruction

Website:
http://www4.esu.edu/academics/departments/athletic_training/continuing_ed.cfm
**Continuing Education Credit:**

**Athletic Trainers:** The ESU Athletic Training Department is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

This program has been approved for a maximum of **14** hours of Category A continuing education. BOC Approved Provider #: P2987

**Registration Fees:**

- Athletic Trainers, Massage Therapist, Nurses, Physical Therapists, and other healthcare professionals- $200

Registration fee includes attendance to workshop sessions, course materials, and a link to view the presentations online, and light refreshments during session breaks.

**Refund/Cancelation Policy:**

A full refund will be issued for any cancellations received prior to June 1st, 2013. A $50 fee will be assessed for refunds requested less than one week prior to the course date. Cancellation made less than 24 hours of the course date are not eligible for refunds.

The University reserves the right to cancel or postpone any course due to unforeseen circumstances. In the event of cancellation or postponement, the University will refund any registration fees but is not responsible for any related costs or expenses to participants.

**Instructors:**

**Patricia J. Morrison LMT, LLCC,** is a Licensed Massage Therapist since 1992 specializing in Sports and Exercise Massage, Manual Lymphatic Technique, Colorpuncture, and Zero Balancing. She has worked with chiropractors, oncology and plastic surgeons, psychiatrists, women’s wellness center, salons, and in her own private practice. She holds a degree in nursing and fine arts as well as advanced certifications as a Lymphedema/Lymphatic Drainage Specialist. She is a Five-Star Lypossage Educator/Practitioner having taught at Health Options Institute and various locations across the United States. Patricia beautifully blends her extensive knowledge and experience in the healing arts, facilitating balance and restoration to the whole person.

**Kelly Harrison, PhD, LAT, ATC,** is a Licensed Athletic Trainer and is nationally certified Athletic Trainer. She holds a Ph.D. in Athletic Training from Rocky Mountain University of Health Professions and has completed extensive post-graduate coursework in various manual therapies and specialty certificates in manual lymphatic drainage, ONMT, IASTM, and medical massage techniques. She has presented at conferences on therapeutic interventions and manual therapies. Dr. Harrison is a tenured faculty member in ESU’s Athletic Training program and has been a practicing clinician for over 25 years.

**Registration Form**

**Manual Lymphatic Technique Level I Workshop**

**May 3rd & 4th, 2014**

To register electronically go to: [http://quantum.esu.edu/athletictraining/](http://quantum.esu.edu/athletictraining/)

OR

I would like to be registered for the Lymphatic Massage Level I Workshop.

| First Name: |  |
| Last Name: |  |
| Address: |  |
| City: | State: | Zip Code: |
| Phone Number: | Email: |
| ATC’s BOC #: |  |
| Registration Fee: (Select a category) |  |
| General Registration ($200): | _____ |

*Discounts available for ESU Clinical Preceptors & ESU Graduate Students*

Make Checks payable to: **East Stroudsburg University**

Mail registration and payment to: Thomas O’Connor, Site Coordinator East Stroudsburg University- LVC 60 West Broad Street Bethlehem, PA 18018-5737 610-419-0412 E-mail: toconnor4@esu.edu