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AOTA Approved Provider #4023

**Course Title:** Lymphology 103

**Sub-Title:** Decongestive Kinesiotherapy, Respiratory Therapy, Physiotherapy and Other PT Techniques

**Course Description:** Lymphology 103, Decongestive Kinesiotherapy, Respiratory Therapy, Physiotherapy and Other Physical Therapy Techniques, is a 2-hour course designed for the intermediate clinician interested in learning more about decongestive and other therapy techniques. This course begins with an overview of basic principles and functional rehabilitation of patients living with lymphedema. Patients with lymphedema are commonly seen by allied health care specialists and massage therapists and clinicians must be kept up to date on issues and effective treatment interventions. This course will also cover the treatment and management of patients with malignant tumors who are receiving radiation therapy and the implications related to lymphedema. Issues include the acute and chronic effects of radiation therapy, manual lymph drainage, treatment of radiation-induced fibrosis and rehabilitation after radiotherapy. Additional therapy techniques for managing lymphedema and other coexisting diseases that effect the musculoskeletal system will be reviewed as well. Pictorial illustrations, tables and graphs will be used to highlight key clinical points.

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** Coopee, MT, OT, CHT /Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the conclusion of the course, participants will be able to:

- Recite the basic principles of Decongestive Kinesiotherapy and Respiratory Therapy
- Describe the functional rehab of pts with lymphedema
- Recall 3 effects of radiation
- Describe the chronic effects of radiation
- Understand principles of manual lymph drainage
- Understand the treatment of radiation-induced fibrosis

- Become familiar with compression therapy with radiation induced plexopathy

### **Outline of Content:**

#### **Hour #1**

General Remarks Regarding Decongestive Exercises – Practical Tips  
Functional Rehabilitation of Lymphedema Patients  
Treatment of Malignant Tumors Using Radiation Therapy  
and Implications for Lymphedema Therapy  
Acute Effects of Radiation  
Chronic Effects of Radiation  
Manual Lymph Drainage  
Treatment of Radiation-Induced Fibrosis

#### **Hour #2**

Directions for Compression Therapy in the Event of Radiation-Induced Plexopathy  
Functional Rehabilitation after Radiotherapy  
Adjuvant Physical Therapy for Lymphedema and Certain Coexisting Diseases  
of the Musculoskeletal System  
Hydrotherapy  
Heat and Cold  
Electrotherapy  
Physiotherapy for Certain Coexisting Diseases

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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