



\$390.00 Registration before Sept. 1, 2011
\$430.00 after Sept. 1, 2011

**Quote Arm More Therapy rate to receive discounted room rental*

REGISTRATION FORM

Last Name _____

First Name _____

Address _____

City _____ Postal Code _____

Telephone () _____

Email _____

Professional Designation _____

Facility Name _____

PAYMENT

Cheque \$390

**Please make cheque payable to: Vivian Dim
 Occupational Therapy Professional Corporation
 Mail cheques to: 1617 Pelham St. N., Fonthill, ON L0S 1E3*

Visa/Mastercard _____

Number _____

Expiry Date _____

**All course cancellations must be received in writing to
 armmoretherapy@cogeco.ca. Cancellations prior to Oct. 05
 are subject to a \$50.00 administrative charge. Cancellations
 after Oct.05 will not be refunded.*

Pre-course Recommended Reading

Chapter 3, Edema Reduction Techniques: A Biologic Rationale for Selection in Fundamental of Hand Therapy, Cooper editor, Mosby/Elsevier publisher; or Chapter 53 Manual Edema Mobilization: treatment for edema in the sub acute Hand found in Rehabilitation of the Hand and Upper Extremity 5th or 6th edition, Mackin et al editors; or internet Document from the South African Journal of Hand Therapy Dec.-July 2003 entitled: Hand Manual Edema Mobilization: overview of a new concept. Found by doing a Google search for manual edema mobilization, article listed as e-doc interactive (usually one of the first five listings) Research reading: Journal of Hand therapy Oct/Dec. 2008, Vol. 21, #4, Changes in Edema, Pain, or Range of Motion Following Manual Edema Mobilization: A Single -case Design Study, Author V. Priganc and M. Ito, pp.326-334. JHT (online) vol. 23, issue 4, Oct. 2010, in print Jan-March 2011 JHT, Manual Edema Mobilization; Edema Reduction for Sub acute hand/ arm edema (based on MEM pump points) Karin Roenhoej and Thomas Maribo.

Manual Edema Mobilization for Sub-Acute Arm/Hand Edema

October 15 & 16, 2011
Casablanca Inn, Grimsby

Length of Course: 13.5 hours

For: OTs, PTs, Hand Therapists, COTA's, PTA's

Casablanca Inn
 4 Windward Dr., Grimsby, ON
 (Cellar Room)



For more information contact Vivian Dim:

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www.memtreatment.com



Course hosted by Arm More Therapy



Manual Edema Mobilization for Sub-Acute Arm/Hand Edema

Course Description

Therapists are often frustrated with persistent edema that continues to return in spite of their best efforts. Specific techniques to activate the lymphatic system will quickly and permanently reduce edema that presents as viscous, thick, and very slow to “rebound” from being pitted. Manual Edema Mobilization (MEM) was designed specifically to activate the lymphatic system.

A new shorter version enables the therapist to do the technique in a 15 to 20 minute time frame thus allowing time in a treatment session to address other patient needs. Also a home self management MEM program is essential for success. Therefore, a short, easy to comply, effective program for the patient is also taught as part of the course. Because of the emphasis throughout the course on the lymphatic anatomy related to MEM techniques and specific hand pathologies, the participant will be able to tailor programs to individual patient needs and integrate into other treatment techniques. The extensive lab time and case study presentation enables participants to feel confident to immediately apply techniques in a clinical setting. MEM addresses over-whelmed intact “normal” nodes and lymphatics as found with sub-acute post trauma/surgery “persistent” edema and sub-acute and chronic post stroke hand edema. The technique is not appropriate for post cancer lymphedema or primary lymphedema.



MANUAL EDEMA MOBILIZATION for sub-acute hand/arm edema

Agenda

Saturday:

7:30-8:00	Registration
8:00	Anatomy and physiology of the lymphatics
10:30	Break
10:45	Types of edema
11:15	Lab basics of Manual Edema Mobilization techniques
12:30	Lunch on your own
1:30	MEM complete hand/forearm lab
3:00	Break
3:15	MEM lab resumed
5:15	Documentation/measurement
5:30	Adjourn

Sunday:

8:00	MEM application to specific pre- and post-surgical hand edema with case studies. Development of short clinic and home Tx programs
10:15	Break
10:30	Application to stroke patients
11:00	Lab: review of MEM methods
12:00	Bandaging lab
1:00	Brief Kinesio® Taping Overview for Edema Reduction
1:30	Adjourn

****No lunch provided, however we are 2 minute walk from local restaurants. Continental breakfast available both mornings.***

Course enrollment is limited

Learning Objectives

Participants will be able to:

- discuss the anatomy and physiology of the lymphatic system
- describe the rationale and how to specifically mobilize the lymphatic system for edema reduction
- list the various types and stages of edema and describe ways to treat them
- practice Manual Edema Mobilization and compression techniques for orthopedic, sub-acute post surgical hand/arm edema and stroke hand/arm edema management
- describe problem-solving techniques in relation to complications of edema management (wound healing stages, infections, etc.)
- describe edema evaluation and documentation methods
- become proficient in application of MEM “Pump Point” stimulation
- write up an effective, short MEM management program

Speaker Bio

Sandra Artzberger MS, OTR, CHT, CLT is a private practice hand therapist in Pagosa Springs Colorado, graduate level college instructor, author, and a national/international lecturer in the field of hand therapy and lymphedema. Presently she has taught MEM in 8 different countries, published 3 chapters on MEM, and 7 articles. Highlights of her career include working 20 plus years as director of hand therapy for a group of plastic surgeons in the Milwaukee Wi area, establishing with another therapist the pilot for what became the Froedtert Hand Rehabilitation Clinic in Milwaukee. She is a Charter Active Member of the American Society of Hand Therapists and past Educational Division Director for ASHT. Also, Sandra has received awards for pioneering in Hand Therapy in the Milwaukee area and the Henrietta McNary Award for significant contributions in continuing education from UWM. In 1995 Ms. Artzberger was certified in Manual Lymphatic Treatment and established, with two other therapists, the first lymphedema clinic in Wisconsin. Combining her knowledge of the lymphatic system with years of hand therapy experience, the technique of Manual Edema Mobilization evolved and continues to evolve.