

Lymphatic Education Africa (LEA) Elastic Taping Course for Oedema

8 CPD Points (applied for)

Please remember we need to order supplies for this course – do not delay your registration.

Register today!!!!

www.lymphafrika.com

Presented by Suzi Davey OTR/L, CLT-LANA, CLWT

Certified Dr. Vodder and ILWTI Therapist

Length of course: This is a 1-day, 8 hour course of hands-on instruction

Participants: All Health Care Professionals- Best for OT, Physio, PNP

Mandatory prerequisite: This course is designed for healthcare practitioners with training in the basics of anatomy, physiology and function of the lymphatic system.

Maximum of 20 participants

Preparation for Attendees:

- 1) It is **strongly recommended** that participants review functional muscular anatomy as well as Postural Kinesiology prior to attending. A strong knowledge base of lymphatic functions, pathways, watersheds and lymphatic territories as well as location of lymph nodes is recommended.
- 2) Clothing to maximally expose the arms, legs and trunk (tube top and shorts is best)
- 3) A **MEDIUM** size pair of **sharp** scissors to cut Tape, a small blanket or towel and pillow will increase comfort when taping on treatment tables

Course Information: Handout materials will be provided

Overview: A one day lab experience in the application and uses of Elastic Sports Taping to assist in treatment of Oedema (Including an overview of Lymphoedema and Venous Insufficiency). Learn how to use Elastic Taping for improving lymphatic flow by skin mobilization to redirect and improve flow, reduce muscle spasm and improve structural alignment to enhance lymphatic drainage and lymph circulation. Basic theory and proper application techniques will be instructed to maximize its effectiveness for treatment of scar tissue, axillary cording, lymphatic dysfunction and Venous Insufficiency. Case presentations for head & neck, post mastectomy, and lower extremity oedema including venous insufficiency will be reviewed

COURSE OBJECTIVES

Upon completion of this course lecture and hands-on demonstration lab the participant will be able to:

1. Discuss & Explain the Basic Concepts of Elastic Taping
2. Practice and refine application skills as practiced in guided lab sessions
3. Identify various tape cutting techniques and their clinical applications
4. Review a variety of pathological and post-operative uses for Elastic Taping
5. Outline strategies for effective application of Elastic Tape as it relates to oedema reduction control
6. Review and discuss precautions and contraindications of Elastic Taping
7. Practice application techniques of Elastic Taping for treatment of Lymphedema and Venous insufficiency
8. Recommend the use of Elastic Taping for noncompliant oedema patients who struggle with wearing compression garments or bandages
9. Recognize Elastic Taping as an effective adjunct in the treatment of Oedema, Lymphoedema and Venous insufficiency with or without wounds