

## Registration Options:

**Online:** [www.righthandtherapy.com](http://www.righthandtherapy.com)

**Phone:** 603-821-0544

### Mail Sign Up Form:

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Course Registration:

\$130 Edema Management Strategies for the UE

**Form of payment (circle one):**    check    credit card  
Please make checks payable to **“Right Hand Therapy”**

Credit Card #: \_\_\_\_\_

CVV: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Zip code: \_\_\_\_\_

Please charge my credit card: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

### Please mail form and payment to:



Right Hand Therapy  
P.O. Box 1114  
Merrimack, NH 03054

## Additional Information:

For additional course information please contact:

**Lisa Owen, MS, OTR/L, CLT, CHT**

Owner of Right Hand Therapy, LLC

[lisa@righthandtherapy.com](mailto:lisa@righthandtherapy.com)

Phone: (603) 821-0544

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**Right Hand Therapy is an AOTA Approved Provider of continuing education (Provider# 11677). AOTA does not endorse specific course content, products, or clinical procedures.**

### ADA and Special Requests:

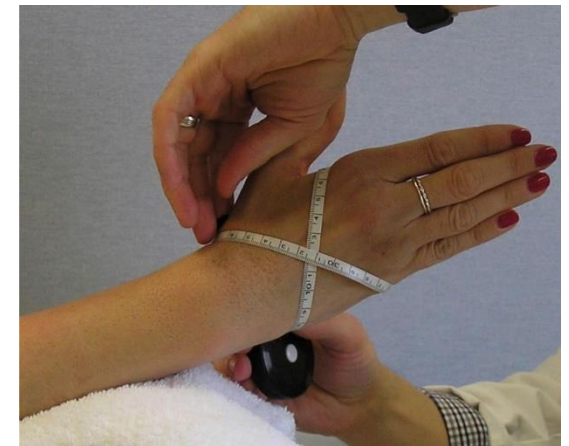
Please contact Right Hand prior to purchase to discuss any particular needs and/or requests.

### Cancellation Policy:

*Right Hand Therapy reserves the right to cancel a live workshop with fewer than 6 participants and will return all payments. Participants must also notify Right Hand Therapy regarding cancellation of registration no less than 45 days prior to the live course for a partial refund (less \$15.00 for administrative fees.)*



presents:



## Edema Management Strategies for the Upper Extremity

**Saturday, March 21, 2020**  
**8:00am – 12:00pm**

### Coppola Physical Therapy

6 Tsienneto Road Suite #201  
Derry, NH 03038

# Edema Management Strategies for the Upper Extremity

March 21, 2020 | Derry, NH

**Cost:** \$130 per participant

**CEUs:** 4 / 0.4 AOTA CEUs

**Instructor:** Lisa Owen, MS, OTR/L, CLT, CHT

**Target Audience:** OTs, OTAs, PTs, PTAs, and CHTs

This half day course is designed to help therapists practicing in any setting improve their skills and knowledge of edema management techniques for an upper extremity population. This course will provide the participant with exceptional hands-on learning of the lymphatic system including anatomy, physiology, pathophysiology, evaluation, and emerging concepts in edema management techniques. Ample hands-on lab session time will include recommendations for positioning of an edematous upper extremity, instruction on how to create various inserts to minimize fibrosis, exploration of compression bandage/garment options, kinesiotaping techniques, scar mobilization techniques, and demonstration of proper manual edema mobilization. Understanding the impact of injury and soft tissue healing on the lymphatic system is vital to effective, skilled management. Participants will be able to integrate their knowledge, clinical evaluation skills, and effective edema management interventions into practice the very next day.



## Course Schedule:

- 8:00 – 8:15am Anatomy and physiology of the pertinent lymphatic system
- 8:15 – 8:45am Dynamic vs mechanical insufficiency and review of conditions that contribute to acute and chronic swelling of the hand
- 8:45 – 9:30am Evidenced-based Evaluation & Treatment Techniques
- 9:30 – 12:00pm Lab Breakout Sessions
- How to select appropriate compression garments
  - Compression bandaging techniques for edema (hand/wrist/digits)
  - Elastic taping techniques for edema and scars
  - How to construct various chip bags and compressive inserts
  - Manual edema mobilization (MEM)



## Learning Objectives:

Upon completion of this course, participants will be able to:

- ✓ Identify the factors that contribute to edema in the hand and upper extremity.
- ✓ Differentiate various evaluation techniques to measure edema in the upper extremity in order to monitor change.
- ✓ Select effective, evidenced-based edema management techniques for the hand and upper extremity.
- ✓ Demonstrate three basic lymphatic drainage massage techniques.

## Presenter:

**Lisa Owen, OTR/L, CLT, CHT**



Lisa earned her MSOT from Tufts University in 2009 and has been specializing in upper extremity management ever since. She earned her Certification in Lymphedema Therapy (CLT) in 2009 and has spent a significant amount of time treating patients recovering from breast cancer surgery and treatment. Lisa earned her Certification in Hand Therapy (CHT) in 2015 and currently practices at a hospital-based outpatient clinic in southern NH. She has presented for the American Society of Hand Therapists (ASHT), the New Hampshire Occupational Therapy Association (NHOTA), Essity/Jobst and is an adjunct faculty member in the OT Dept at the University of New Hampshire, as well as in the DPT program at Franklin Pierce University.