

Blue Heron Academy eLearning

Lymphedema Education

This course is NCBTMB Approved

The Blue Heron Academy of Healing Arts and Sciences is the first school in the US to provide research based certification in Manual Lymph Drainage and Complete Decongestive Therapy in accordance with the methods and protocols established by Gregory T. Lawton, D.N., D.C. This program is a comprehensive and dynamic approach to lymphedema therapy that exceeds and moves well beyond current existing programs in lymphedema therapy. Dr. Lawton has based this program upon early techniques that were more comprehensive than the Vodder method, as well as, new physical methods based on the latest scientific research regarding lymph fluid dynamics. No other lymphedema training program has access to Dr. Lawton's new treatment protocols, but they are contained within this lymphedema training program.

Objectives: By the completion of this eLearning program you will have:

1. Learned about the anatomy and physiology of the body's lymphatic system.
2. Learned about the pathology of the lymphatic system and lymphatic conditions and disorders.
3. Studied the history of lymphatic therapies.
4. Reviewed and learned the techniques and treatment procedures for lymphatic therapy.
5. Reviewed and learned the ancillary techniques and treatment procedures for lymphatic therapy.
6. Learned how to consult with and to provide treatment to clients with lymphatic problems.

Section One:

- Introduction

Section Two:

- Homeostasis of the Lymphatic System

Section Three:

- General Guidelines and Recommendations for the Preventative Care and Management of Lymphedema

Section Four:

- Repetitive Movement Technique

Section Five:

- Description of Repetitive Movement Technique, The Repetitive Movement of a Joint through its Prime Plane of Motion

Section Six:

- Lymphedema Technique

Section Seven:

- Compressive Stroking with Elevation

Section Eight:

- Description of Compressive Stroking with Elevation

Section Nine:

- Extremity Wrapping Technique

Section Ten:

- Single Wrapping, Double Wrapping (Cross Hatched Technique)

Section Eleven:

- Repetitive Movement Technique

Section Twelve:

- Ancillary Techniques for Treatment of Lymphedema

Section Thirteen:

- Thoracic and Intercostal Technique

Section Fourteen:

- Abdominal / Pelvic Massage and Manual Therapy

Section Fifteen:

- Therapeutic Breathing Exercises Used in the Treatment of Lymphedema

Section Sixteen:

- Final Examination