



Manual Lymphatic Techniques for Orthopedics— Upper Quadrant

This two-day course teaches the hands-on skills of manual lymphatic techniques that specifically addresses the lymphatics as it pertains to upper extremity common orthopedic disorders. These techniques are gentle, rhythmic, and employ stretching of the interstitium, and the lymphatic structures at various tissue depths. Manual lymphatic techniques facilitate lymph transportation, and are heralded for decreasing edema and pain. Techniques from various doctrines will be taught, as well as refined manual skills from the instructor. This course will teach the importance of lymphatics as it pertains to orthopedic practice, and will assist manual therapists in the inclusion of manual lymphatic techniques for upper extremity edema and pain from common orthopedic disorders. Upon completion of this course, manual therapists will be able to employ a precise lymphatic treatment to the integument, muscle, trigger points, periosteum, and joint capsule. Therapists will be prepared to use the techniques on clients with anatomical integrity of the lymphatic system, and have the clinical reasoning on when to refer to a specialist.

August 7 & 8, 2020 - 7:45 a.m. to 6 p.m.



presented by David Doublestein, PT, MS, LLCC, CLT, Cert. MDT

Grand Valley State University
Cook-DeVos Center for Health Sciences
301 Michigan St, NE Grand Rapids, MI 49503
www.gvsu.edu/ptpd

Day One: Anatomy, Theory, Hand Exercises, Neck and Upper Quadrants

Day Two: Edema, Deep Lymphatics, Integration

Course objectives: Participants will be able to identify the basic anatomy, physiology, and pathophysiology of the lymphatic system, and how it relates to edema and pain management in soft tissue and connective tissues of the musculoskeletal system. Participants will be able to apply manual lymphatic techniques (MLT) to the lymphatics of various tissues at various depths.

For more information or to register go to: www.gvsu.edu/ptpd