

Elizabeth Cole, PT, WCS, CLT-LANA is a senior Physical Therapist at Massachusetts General Hospital. She trained as a Lymphedema therapist at the Norton school in 2004. She has trained at the Foldi Lymphedema Klinik in Germany. She teaches the lymphedema course at The MGH Institute of Health Professions. Her practice is in Women's Health including oncology and Lymphedema. She has many years of experience in Orthopedic Physical Therapy.

#### Course outline:

In this course physical therapists will learn how lymphedema may present in their patient population. Participants will learn strategies for dealing with **many** types of swelling including post operative swelling and lower extremity edema in the elderly.

The course will include a brief overview of the physiology of edema and the anatomy of the lymphatic system as a basis for understanding techniques to manage swelling.

Participants learn how to differentiate between lymphedema and other types of swelling. They will have the opportunity to learn how to apply a short stretch bandage for lower extremity swelling and learn ways for modified lymphatic drainage.

There will also be opportunity for discussion of management of orthopedic patients who present for treatment who have a "limb at risk" for lymphedema, most importantly women who have received treatment for breast cancer.