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**Lymphedema Treatment in Physical Therapy**  
(4 CE HOURS / .4 CEUs)

**PDH Academy Course #PT-1901**

**Course Abstract**

This course refreshes and refines the learner's understanding of lymphedema and lymphedema treatment. It opens with a review of the lymphatic system; lymphedema's etiology, characteristics, and patient presentations; how to diagnose, identify, stage and classify lymphedema; and lymphedema evaluation. It then turns to treatment, taking a detailed look at evidence-based practice for Complete Decongestive Therapy for lymphedema patients, as well as several alternative treatment approaches. Case studies are provided.

*NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.*

**Approvals**

To view the states who approve and accept our courses, visit <https://pdhtherapy.com/physical-therapy/>.

**Target Audience & Prerequisites**

PT, PTA, OT, OTA, MT – no prerequisites

**Learning Objectives**

By the end of this course, learners will:

- Recognize relevant facets of the cardiovascular and lymphatic systems
- Identify common patient presentations and related conditions
- Distinguish between types and stages of lymphedema
- Recall aspects of lymphedema evaluation
- Recognize elements of Complete Decongestive Therapy
- Differentiate between alternative treatment approaches

**Timed Topic Outline**

- I. Lymphatic System Anatomy and Function (30 minutes)  
Cardiovascular System, Lymphatic System, Capillary Exchange
- II. Introduction to Lymphedema (5 minutes)
- III. Typical Patient Presentations (10 minutes)
- IV. Diagnosing Lymphedema (15 minutes)  
Related Conditions
- V. Lymphedema Evaluation (15 minutes)  
From Medical Records, From the Patient, Outcome Measures, Putting it Together

- VI. Lymphedema Treatment (120 minutes)
  - History, Complete Decongestive Therapy
- VII. Alternative Treatment Approaches (25 minutes)
  - Hands-on Techniques, Therapeutic Movement & Proprioception Stimulating Techniques, Electrical Therapy, Complementary Therapies
- VIII. Conclusion, References, and Exam (20 minutes)

### **Delivery Method**

Correspondence/internet self-study with a provider-graded multiple choice final exam. *To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.*

### **Cancellation**

In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888) 564-9098 or email at support@pdhacademy.com.

<h3><b>Accessibility and/or Special Needs Concerns?</b></h3>
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### **Course Author Bio and Disclosure**

Debora Chasse, MPT, DPT, WCS, CLT-LANA, CMRP, is the Founder and Owner of Function Ability Physical Therapy, where she offers an integrative approach of osteopathic and traditional physical therapy treatments. Some people say it looks like magic; however, Dr. Chasse states she is an abstract thinker and by learning the techniques thoroughly, she is able to approach physical therapy treatment with increased accuracy to more efficiently find the primary problems and resolve the patient's dysfunction and pain. Manual therapy using an integrative therapeutic approach is very effective in making permanent changes in the body. Dr. Chasse wants to increase the patient's control and make change with movement exercises.

Debora began practicing Women's Health Physical Therapy in 1999 and is one of the few experts in both pelvic floor physical therapy and lymphedema. She earned a Doctor of Physical Therapy degree from Loma Linda University in 2006; received her Master's degree in Physical Therapy and Bachelor of Health Science from Loma Linda University in 1996; and has committed her career to learning and training from elite instructors in North America and Europe. In 2009, she received board certification in women's health physical therapy, and is currently a Content Expert for the State of California Licensing Board.

**DISCLOSURE:** Financial – Debora Chasse receives fees from Function Ability Physical Therapy as an owner, consultant, speaker, trainer, and copyright-holder (DVDs); Franklin Method and Vyne Education as a consultant, speaker, and trainer; Matrix Repatterning as a consultant and speaker; Young Living Essential Oils and DoTerra as a consultant and distributor; and received a stipend as the author of this course. Nonfinancial – Debora Chasse supports the use of, and provides, Frequency Specific Microcurrent treatment; no other relevant nonfinancial relationship exists.