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# Learning Objectives

MedBridge

*Lymphedema Gold Standard Therapy: Risk Management and Adaptations*

Steve Norton, PT, OT

## Chapter 1: Therapy

- Appreciate the rationale for Complete Decongestive Therapy as opposed to singular approaches such as; pneumatic compression pumps, medications, elevation, compression garments or surgery
- Understand the benefits of Manual Lymph Drainage on an impaired lymphatic system and swollen body area
- Recite and explain the modalities employed in the treatment system know as Complete Decongestive Therapy (CDT)
- Explain the contraindications to compression (garments, bandages) and Manual Lymph Drainage for persons seeking therapy

## Chapter 2: Precautions and Applications of CDT for Various Clinical Presentations

- Understand the clinical reasoning of “red flags” to intervention
- Appreciate the limitations of intervention for the untrained therapist
- Describe why a lymphedema specialist referral is crucial
- Appreciate how common modalities can exacerbate lymphedema and other edema types
- Recite and implement sensible adaptations of therapy for various diagnoses

## Chapter 3: Risk Reduction and Early Intervention

- Appreciate that high lymphedema incidence mandates proactive intervention with gold standard therapy
- Understand how prospective surveillance leads to early intervention and the goal of arresting lymphedema progression through subsequent stages
- Recite the many ways that “at risk” patients can reduce the risk of developing lymphedema
- Develop educational tools and techniques for all “at risk” patients regardless of the therapists’ level of lymphedema training.
- Identify the benefits of several CDT modalities used during early intervention therapy sessions