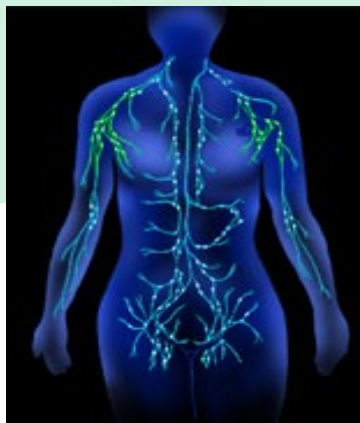




Kryszak Consulting-
Ann Elise Kryszak, OTR, CLT
4109 South Packard Avenue
Saint Francis, WI 53235

Refresher, Update and Advanced Course for Lymphedema Management of the Upper & Lower Extremities



**Saturday February 8th
– Sunday February 9th
2020**

Honolulu, Hawaii

Held at Straub Medical Center
888 S. King Street
Honolulu, HI 96813

Presented by:

Ann Elise Kryszak, OTR, CLT
Under the direction of: Comprehensive
Lymphedema Management for American
Health Care

Course Developed by:
Ann Elise Kryszak, OTR, CLT

Sponsored by Kryszak Consulting

About the Presenter:

Ann Elise Kryszak, OTR, CLT, is a treating therapist and educator specializing in advanced practices in Lymphedema Management. She has been a practicing therapist for 42 years and a Lymphedema Specialist for 22 years.

Ann Elise has studied with Dr. Albert LeDuc of Brussels, world renown for his work and research in Lymphedema and is certified in the Methods of Manual Lymph Therapy. Ann Elise is also certified in the Comprehensive Lymphedema Treatment for American Health Care, studying and mentoring directly with Judy Purtell, OTR, CLT. She has studied with Linda Miller, noted for her work with Breast Cancer Patients. She has developed the Lymphedema programs for MJ Care Inc. and Aurora Sinai Medical Center and Linden Grove Menomonee Falls, Rehab and Outpatient Therapy. She also worked for HealthReach Rehabilitation Services and currently is member of the Froedtert Hospital Cancer Rehab team.

She has studied with Luther C. Kloth and is certified in his Wound Care Management for PTs and OTs. She has developed the practice of Lymphedema management protocols with wound care to advance the healing process.

Ann Elise is a former faculty member in the Occupational Therapy Program at Mount Mary College in Milwaukee, WI, and was a course instructor for the national series, Lymphedema, Accept the Challenge sponsored by Smith and Nephew Rehabilitation Division. She is currently traveling nationwide as course instructor for the Comprehensive Lymphedema Treatment for American Health Care, originated and developed by Judy Purtell, OTR, CLT.

Course Tuition: **\$325.00**

(Discounted to \$250.00 for
Hawai'i Pacific Health Therapists)
This course is 14 contact hours.

Register Early, space is limited!

Course tuition includes: Comprehensive Lymphedema Advanced Management Handbook, Bandaging Supplies for Practice, Continental Breakfast, Lunch and Snacks. **Certificates of completion of Advanced course will be provided upon successful completion of the course.**

*****Please wear shorts and tanks for demonstration and practice purposes.**

*****For registrations, credit card payments, lodging information and course inquiries**

Contact : Ann Elise Kryszak, OTR, CLT
at 414-429-4109 or email Ann Elise at
akryszak@sbcglobal.net
or Fax registration form to

Fax: 414-431-6401

For any Questions
Email: akryszak@sbcglobal.net
Or call 414-429-4109

For Reservations by Check
Send Check and Registration Form To:
Ann Elise Kryszak, OTR, CLT
4109 So. Packard Ave.
Saint Francis, WI 53235
****but call to reserve your spot!****

Registration Form Below.

Why attend this course?

This comprehensive advanced, refresher and update course is designed to teach therapists the most current management techniques to effectively treat Lymphedema. Participants will leave this course with a review and further understanding of General Lymphedema Management Protocols and knowledge of Advanced treatment techniques needed to immediately begin managing patients with Lymphedema of Face and Neck; Genitals; Due to Orthopedic Injuries or replacements, CVI and CCHF. You will gain information pertaining to the necessary manual techniques from Comprehensive Lymphedema Management for American Health Care required to appropriately design a therapeutic treatment approach and self-care program.

Course Objectives

- Review and perfect the general lymphedema treatment protocols for UE and LE
- Review and understand the anatomy & physiology of lymph system
- Describe the research based theories for comprehensive lymphedema treatment
- Appropriately assess, problem solve, and treat Upper and Lower extremity Lymphedema in an individualized care plan including protocols for general and advanced lymphedema conditions.
- Understand and implement treatment protocols for Advanced Lymphedema Therapy including Lymphedema in Face and Neck, Genitals, Breast, Due to Orthopedic injuries and replacements, CVI and CCHF.
- Learn and Understand Kinesiotaping Techniques for the UE and LE Lymphedema to increase lymphatic flow.
- Learn the benefits of incorporating Lymphedema Therapy along with Wound Care to increase rate of wound healing.
- Utilize a holistic approach to Lymphedema management incorporating preservation, nutritional, psycho-social-emotional and other treatment strategies.

Who Should Attend ??

Only Therapists, PT, OTR, PTA, COTA's who have previously taken either the Full certification Course of the Comprehensive Lymphedema Management for the American Health Care or an equivalent Lymphedema Certification Course of any type.

Course Schedule

Day 1: Saturday, February 8th, 2020

- 8:00 Welcome, Introductions, Agenda approval
- 8:30 Review Anatomy & Physiology of the Lymphatic system- Typical Alternative Pathways, Lymphotomes Watersheds
- 9:00 Review and Demonstrate Unilateral MLDM with sidelying back clearing And Bilateral MLDM with Back and Trunk Clearing
- 9:15 Practice UE MLDM Techniques – Unilateral and BUE(both partners)
- 10:00 Break
- 10:15 Practice UE MLDM Techniques- Unilateral and BUE(both partners)
- 11:00 Case Studies and Basic Techniques For Treatment of the Upper Extremity:
Lymphedema and Breast Cancer, Orthopedics- Humeral Fractures And Shoulder Replacements
- 12:15 Lunch –Compression Alternatives Presentation
- 12:45 Review: anatomy & physiology -the pelvis & leg lymphatic and circulatory system, Watersheds & lymphotomes:
normal & alternate pathways Unilateral and Bilateral

Day 1: Saturday, February 8th, 2020(cont)

- 1:15 Review and Demonstrate Unilateral Lymphedema Treatment for the Leg & Bilateral MLDM with Trunk to Axilla Clearing
- 1:30 Practice: Unilateral and Bilateral Lymphedema Treatment LE – (full treatment- both partners)
- 3:00 Break
- 3:15 Case Studies and Varied Techniques for Treatment of- Lymphedema and Prostate Cancer, CVI, Genital Lymphedema, Orthopedics- TKR, THR
- 4:00 Review and Demonstrate Protocols For Genital Lymphedema
- 5:00 Review and Demonstrate Protocols For Facial and Neck Lymphedema
- 5:45 Questions and Answers- Discussion of Current Patient Caseloads
- 6:00 Session Ends

Day 2: Sunday, February 9th, 2020

- 8:00 Q&A Review Previous Day
- 8:15 Review and Demonstrate UE Bandaging Techniques, Full Arm, Wrist to Axilla, Varied Hand Techniques.
- 9:00 Practice Advanced UE Bandaging
- 9:30 Review and Demonstrate LE Advanced Bandaging Techniques: Full Leg, Toes to Knee, Ankle to Knee, Foot/Toes, Thigh Only, Hip, Varied Compression, etc.
- 10:00 Break
- 10:15 Practice Compression Bandaging for the leg
- 10:45 Demonstrate Kinesiotaping Techniques for UE and LE to increase lymph flow
- 11:45 Case Studies and Research Presented and Discussed; Questions and Answers for case studies
- 12:30 Certificates Received Course Ends

Registration Form

Lymphedema Refresher, Update and Advanced Course February 8-9, 2020

Name: _____

Profession: _____

Credentials: _____

Certification Course Attended _____

Address: _____

City, State, ZIP: _____

Phone: _____

Fax: _____

E-mail: _____

Credit Card # _____

Expiration Date: _____ 3 Digit Code _____

Billing Address of Card: _____

Payment in full is due with registration and there is a non-refundable administrative fee of \$50.00 for cancellations. All cancellations must be in writing and received at least 14 days prior to the course. There will be no refunds given after that time. Kryszak Consulting reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation, Kryszak Consulting will refund the Course Registration Cost but will not be responsible for any charges incurred by the registrant due to cancellation of the course..

Being Held at

**Straub Medical Center
888 S. King Street
Honolulu, Hawaii 96813**

**Register Soon-
Space is Limited**