



## IHM - University Course: CDT "Complex Decongestive Therapy" Basic

Module 1: Principles of lymphoedema I

Physiotherapy Study Program - Faculty of Health Studies, University of Mostar

December 11th - 14th 2023

Time from Time to Course Content			Lecturer	Lecture Mode
<b>Day 1</b>				
09:00:00	09:45:00	Opening / Introduction	Dr. Eva Kampelmühler	theory
09:45:00	10:45:00	Lymphoedema: introduction, Anatomy and physiology of the lymphatic system	Dr. Eva Kampelmühler	theory
10:45:00	11:00:00	Break		
11:00:00	12:00:00	Physiology and pathology of the oedema	Dr. Eva Kampelmühler	theory
12:00:00	13:00:00	Lunch break		
13:00:00	14:45:00	Lymphatic system, Lymph vessels	Dr. Eva Kampelmühler	theory
14:45:00	15:00:00	Break		
15:00:00	17:00:00	Lymphoedema classification	Dr. Eva Kampelmühler	theory
17:00:00	17:30:00	Questions		theory
<b>Day 2</b>				
07:30:00	08:30:00	Lymphoedema diagnosis	Dr. Eva Kampelmühler	theory
08:30:00	09:30:00	Indications contraindications (absolute, relative)	Dr. Eva Kampelmühler	theory
09:30:00	09:45:00	Break		
09:45:00	10:45:00	summary theoretical part	Dr. Eva Kampelmühler	theory
12:30:00	13:30:00	Lunch break		
13:30:00	15:15:00	Introduction CDT - Evaluation and assessment of treatment efficacy in CDT and physiotherapy	Dr. Petra Auner-Gröbl, Julia Feistritzer	practice
15:15:00	15:30:00	Break		
15:30:00	17:15:00	Principles of ML grip-technics MLD, Practical training: manual lymph drainage on healthy lymph vessels	Dr. Petra Auner-Gröbl	practice
17:15:00	17:45:00	Questions	Dr. Petra Auner-Gröbl, Dr. Eva Kampelmühler	theory
<b>Day 3</b>				
08:00:00	08:30:00	Introduction of traumatic and primary lymphoedema treatment/ Scar treatment	Dr. Petra Auner-Gröbl	practice
08:30:00	09:30:00	Prevention and precautions of lymphoedema after surgery of breast and pelvic tumors	Dr. Petra Auner-Gröbl	theory
09:30:00	09:45:00	Break		
09:45:00	10:15:00	Compression therapy material: bandages, garments, hosiery, socks	Dr. Petra Auner-Gröbl, Julia Feistritzer	practice
10:15:00	11:15:00	Principles of CDT: combination MLD, compression and physiotherapie	Dr. Petra Auner-Gröbl	theory/practice
11:15:00	12:15:00	Lunch break		
12:15:00	14:00:00	Different techniques of primary and secondary lymphoedema treatment lower limb	Dr. Petra Auner-Gröbl	theory/practice
14:00:00	14:15:00	Break		
14:15:00	16:15:00	Manual lymph drainage and compression on sick lymph vessels lower limb/ genitalia	Dr. Petra Auner-Gröbl, Julia Feistritzer	practice
16:15:00	17:15:00	case demonstration lower limb	Dr. Petra Auner-Gröbl	theory/practice
<b>Day 4</b>				
08:00:00	08:30:00	Summary, questions to lower limb	Dr. Petra Auner-Gröbl	theory
08:30:00	09:30:00	Different techniques of primary and secondary lymphoedema treatment upper limb	Dr. Petra Auner-Gröbl	theory
09:30:00	10:30:00	Manual lymph drainage and compression on sick lymph vessels (facial / upper limbs)	Dr. Petra Auner-Gröbl, Julia Feistritzer	practice
10:30:00	10:45:00	Break		
10:45:00	11:45:00	case demonstration upper limb	Dr. Petra Auner-Gröbl	practice
11:45:00	12:45:00	Lunch break		
12:45:00	14:15:00	Practical training: manual lymph drainage and compression on sick lymph vessels	Dr. Petra Auner-Gröbl, Julia Feistritzer	practice
14:15:00	14:45:00	Function exercise and physiotherapy	Dr. Petra Auner-Gröbl	
14:45:00	15:00:00	Break		
15:00:00	16:00:00	Summary, questions to upper limb	Dr. Petra Auner-Gröbl	practice
16:00:00	16:45:00	Feedback/ preview to Module 2 and 3	Dr. Petra Auner-Gröbl	theory
16:45:00	17:15:00	Closing Ceremony	Prof. Dr. Ana Poljicanin, Dr. Petra Auner-Gröbl, Dr. Eva Kampelmühler Stefan Bergmann	