The Presenter:
Sandra Artzberger is a private practice hand therapist, graduate level college instructor and Director of Professional Continuing Education and Lymphedema Services at Cedar Haven Rehabilitation Agency. For 24 years she practiced as a hand therapist for a group of plastic surgeons in the Milwaukee area. Prior to working for the hand surgeons, Sandra and another therapist did the pilot for what became the Froedtert Hand Rehabilitation Clinic in Milwaukee. She is a Charter Active Member of the American Society of Hand Therapists and past Educational Division Director for ASHT. Ms. Artzberger presents several workshops nationally and internationally. She has received several awards for pioneering in Hand Therapy. Ms. Artzberger established, with two other therapists, the first lymphedema clinic in Wisconsin. Combining her knowledge of the lymphatic system with years of hand therapy experience, the technique of Manual Edema Mobilization (MEM) evolved and continues to evolve. Ms. Artzberger is well published on this topic including a chapter in Rehabilitation of the Hand and Upper Extremity, 5th Ed. and papers in the South African Journal of Hand Therapy, AOTA Special Interest Section Quarterslies, Israel Journal of OT, and a chapter for a new text: Fundamentals of Hand Therapy. She has written an internet course about MEM and is mentoring two MEM research studies in the USA and Denmark.

Course Objectives
At the end of this beginning/intermediate level course, participants will be able to:
- discuss the anatomy/physiology of the lymphatic system
- describe the rationale and how to specifically mobilize the lymphatic system for edema reduction
- list the various types/stages of edema and describe ways to treat them
- practice MEM and compression techniques for orthopedic, sub-acute post surgical hand/arm edema and stroke hand/arm edema management
- describe problem-solving techniques in relation to complications of edema management (wound healing stages, infections, etc.)
- describe edema evaluation and documentation methods

Course Schedule

Day One (February 4th)
7:30  Registration
8:00  Anatomy and physiology of the lymphatics
10:30 Break
10:45 Types of edema
11:15 Lab-Basics of Manual Edema Mobilization techniques
12:30 Lunch on your own
1:30  MEM complete hand/forearm lab
4:30  Wound healing stages, skin care, types of infection
4:45  Documentation and measurement
5:00  Adjourn

Day Two (February 5th)
8:00  Application principles and compression techniques rationale/review
8:30  MEM application to specific pre- and post-surgical hand edema with case studies.
10:15 Break
10:30 Application to stroke patients
11:00 Lab: review of MEM methods
12:00 Bandaging Lab.
1:00  Kinesio® Taping for Edema Reduction
1:45  Adjourn

Registration Form

Manual Edema Mobilization 2006

Name

Professional Credentials

Mailing Address

City  State  Zip Code

Phone  Fax

E-MAIL

Course Fees: $325

Please make checks payable to: Columbia University and mail with the registration form to:

Columbia University
Programs in Occupational Therapy
710 West 168th Street, 8th Floor
New York, NY 10032
Attn: Glen Gillen

Questions? Contact Glen Gillen at: 212-305-1648 or GG50@Columbia.edu
Registration Information
Course Fees:
$325

Refund/Cancellation Policy:
Tuition less a 20% administrative charge is refundable if written notice is received one week prior to the program's start. No refunds will be made after this date. We reserve the right to cancel the program for due cause. Cancellation by Columbia University will result in a full refund of tuition.

Approved: 1.35 CEUs
The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Manual Edema Mobilization: Edema Reduction for Sub-acute Hand/Arm Edema
February 4-5, 2006
Presented by:
Sandra M. Artzberger, MS, OTR, CHT, CLT

Course Location:
Columbia University Programs in Occupational Therapy, New York, New York.