

Co-organizer:



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



康復治療科學系  
Department of Rehabilitation Sciences

# The Full Complete Decongestive Therapy Certification Course

Organized by

Women's Health Specialty Group, HKPA Limited

Co-joint with the Department of Rehabilitation Sciences, Hong Kong Polytechnic University

<b>Date</b>	9th – 17th April 2017	
<b>Time</b>	8:00 - 19:00	
<b>Presenters</b>	Instructor from the Norton School of Lymphatic Therapy USA *	
<b>Venue</b>	To be confirmed Department of Rehabilitation Sciences Hong Kong Polytechnic University	
<b>Course Fee</b>	HKPA WHSG	\$32,950
	HKPA member	\$33,000
	Non HKPA member	\$33,500
	<b>Early bird (before 15/12/2016) The fee will be</b>	
	HKPA WHSG	\$31,950
	HKPA member	\$32,000
	Non HKPA member	\$32,500
<b>Capacity</b>	10	
<b>CPD</b>	Pending	
<b>Deadline of application</b>	28 <sup>th</sup> December 2016	
<b>Cancellation of Classes</b>	If the course is cancelled because of insufficient registration, received will be refunded	

More details information about the course and enrollment, please visit the following website  
<http://www.nortonschool.com/>

For enquiry, please contact Timmi Yick Via Pager 73286629 or e-mail [ycy703@ha.org.hk](mailto:ycy703@ha.org.hk)

## **Certificate/Continuing Education Credits (CEUs)**

Participants will receive, upon successful completion (have passed the written and practical final exams), a certificate of completion confirming their status as a Lymphedema Therapist certified in Manual Lymph Drainage (Vodder Technique)/Complete Decongestive Therapy. Physical Therapists through the Florida Physical Therapy Association (FPTA)

## **The Norton School of Lymphatic Therapy**

The Norton School of Lymphatic Therapy is the premier educational institution for training medical doctors, physical therapists, physical therapist assistants etc to become experts in the treatment of pathologies related to the lymphatic system. Taught by the finest and most experienced faculty in the field, Norton School students receive thorough and rigorous training in the Foeldi Method of Complete Decongestive Therapy (CDT), the therapeutic system regarded as the "Gold Standard" for the treatment of lymphedema by the International Society of Lymphology (ISL). Students become qualified to treat lymphedema (both primary and secondary), lipedema, phlebo-lymphostatic edema, chronic venous insufficiencies, and post traumatic edema. Additionally, as graduates fully certified in the treatment of lymphedema, Norton School alumni are eligible to sit for the Lymphology Association of North America (LANA® ) Examination® for lymphedema specialists.

Founded by Steve Norton, Complete Decongestive Therapy Instructor, Certified Lymphedema Therapist (CLT), and renowned authority in the field of lymphedema therapy, the Norton School offers lymphatic massage therapy certification courses throughout the United States and Canada within prestigious hospital and out-patient clinical settings.

The Norton School's primary instructors, assistant instructors, and faculty lecturers are highly experienced clinicians practicing in some of the finest medical institutions in the United States. These unique individuals constitute some of the most accomplished and well-regarded names in the field of lymphedema management. Each faculty member has been appointed as instructor only after extensive investment in clinical practice, completion of a thorough internship with the school's Instructors Training System, and an in-depth peer review process. These rigorous standards have ensured the highest quality programming possible. The curriculum is constantly enriched and expanded by the school's executive director, medical director, faculty instructors, and medical advisors, who collectively represent a wide range of physical, occupational, and massage therapy perspectives.

## **Course Objectives**

Each student will be trained in the four components of Complete Decongestive Therapy. Upon completion of the class, the therapist will be able to differentiate between a variety of peripheral edemas as well as understand the applications, medical indications, and contraindications of MLD and CDT. Additionally, the therapist will be able to establish a CDT treatment plan for individuals with primary or secondary lymphedema and perform the indicated treatment.

## **Class Topics**

- Anatomy, physiology, and pathophysiology of the lymphatic system
- Basic techniques and sequences of Manual Lymph Drainage (Vodder technique)
- Indications and contraindications of Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT)
- Differential diagnosis

- Treatment of primary and secondary lymphedema
- Lymphedema bandaging techniques for upper and lower extremities
- Remedial lymphedema exercises
- Hygienic skin and nail care for lymphedema
- Measuring and fitting techniques for lymphedema support garments
- Patient evaluation and weekly measurement (circumference and volume)
- Home maintenance and self-treatment for lymphedema
- Medical billing and reimbursement for clinical lymphedema management

### **Lymphedema course materials & services Included with tuition**

1. Comprehensive course and online reference guides
2. "Lymphedema Management" textbook co-authored by Steve Norton
3. Lymphedema 5 DVD set
4. Upper and lower extremity bandage kits
5. Informational portfolio detailing current treatment product
6. Jobst Elvarex compression garment certification
7. Lifetime listing in the Norton School therapist referral database
8. FREE lifetime access to LymphedemaJobs.com, the only dedicated career resource for the lymphedema therapy field

### **Class Times**

A total of 135 hours of instruction is provided in the Full CDT Certification Course comprised of 90 hours of classroom instruction and 45 hours of home study. Class hours are 8:00am–7:00pm. With one hour for lunch every day.

Attendance: 100% attendance is expected. Any student missing more than (5) hours of the class may not receive a certificate of completion.

### **Home Study Program**

The Home Study Program is comprised of the following components:

1. Multimedia "Nine-Part Theoretical Home Study" online course; multimedia "Lymphedema Bandaging: Video Practical Instruction" online course; multimedia "Manual Lymph Drainage: Video Practical Instruction" online course;
2. Various online theoretical reference components;
3. A Course Manual and Online Reference Guide;
4. Five DVDs covering various lymphedema topics;
5. "Lymphedema Management" co-authored by Steve Norton. 45 hours of home study are expected of the student. The Home Study Program will provide an opportunity for the student to develop an extensive knowledge of the theoretical components of lymphedema therapy.

Home study course work is required to be completed PRIOR to the live course and represents approximately 45 hours of preparation.

### **Remarks:**

- ◆ Successful applicants will be contacted by email. After confirmation of successful application, course fees are NOT refundable.
- ◆ Please prepare a crossed cheque payable to "Hong Kong Physiotherapy Association Limited" with 1) your name, 2) HKPA membership number, 3) course name 4) mobile number written at the back of the cheque.
- ◆ Status of membership is based on the updated list from HKPA and is counted to the date of deadline of application. If number of applicants exceeds the capacity with priority given to WHSG members followed by PA members & drawing lots.

**Women's Health Specialty Group, HKPA Limited**  
**Co-joint with the Department of Rehabilitation Sciences,**  
**Hong Kong Polytechnic University**  
**The Full Complete Decongestive Therapy Certification Course**  
**Application Form**

<b>Course Name</b>	<b>The Full Complete Decongestive Therapy Certification Course</b>		
<b>Name :</b>	<i>(English)</i>		<i>(Chinese)</i>
<b>HKPA member :</b>	<input type="checkbox"/> Yes (membership no. _____) <input type="checkbox"/> No	<b>WHSG member</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Workplace :</b>		<b>Year of Graduation</b>	
<b>Phone NO. :</b>			
<b>E-mail Address :</b>			
<b>Mailing Address :</b>			
<b>Registration Fee</b>	<input type="checkbox"/> <i>Early Bird \$31,950</i> <input type="checkbox"/> <i>HKPA WHSG \$32,950</i>	<input type="checkbox"/> <i>HKPA member \$33,000</i> <input type="checkbox"/> <i>Early bird \$32,000</i>	<input type="checkbox"/> <i>Non-HKPA \$33,500</i> <input type="checkbox"/> <i>Early bird \$32,500</i>
<b>Cheque no.:</b>	<b>Issuing Bank :</b>		
<b>Registration</b>	<p><i>Please send this form with a crossed cheque payable to "Hong Kong Physiotherapy Association Limited" with 1) your name, 2) HKPA membership number, 3) course name 4) mobile number written at the back of the cheque to the following address:</i></p> <p>Timmi Yick          Physiotherapy Department , Tseung Kwan O Hospital          2, Po Ning Lan          Tseung Kwan O</p>		
<b><u>Legal Claim Waiver Consent</u></b>			
<p>In consideration of HKPA Ltd. accepting my registration to this course, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.</p> <p>Signature: _____          Name of Registrant: _____          Date: _____ *Please sign the above consent before submitting your registration</p>			
<b><u>Special Weather Arrangement:</u></b>			
<p>When Typhoon Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:</p> <p><u>For classes &amp; examinations have NOT YET started</u>          If Typhoon Signal No.8 and/or Black Rainstorm Signal are in force 2 hours before the course, the course will be cancelled.</p> <p><u>For classes &amp; examinations that have already started</u>          When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.</p> <p>Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.</p>			