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**CSM 2023 PRECONFERENCE COURSE**

**Pediatric Lymphedema: Treating Lymphedema to Improve Mobility**

**Wednesday, February 22, 2023 (8 am - 5 pm)**

**Speakers**

* Andrea Branas PT, DPT, Certified Lymphedema Therapist
* Elise K. Cantu, PT, DPT, Board-Certified Clinical Specialist in Oncologic Physical Therapy, LANA-Certified Lymphedema Therapist
* Amber Prailey, PT, DPT, LANA-Certified Lymphedema Therapist
* Betty Matthews Westbrook, PTA, CLT-ALM

**Course Description**

Lymphedema is a chronic condition, which if untreated, can lead to tissue fibrosis, fat deposition, and cellulitis, and can lower quality of life. Children with lymphedema may have delayed milestones or functional limitations due to challenges with a lymphedematous limb or body segment. Pediatric lymphedema is most commonly primary lymphedema, which may appear at birth or during childhood. The treatment of children and adolescents with lymphedema is not well described or applied in the clinic. This session will provide an overview of the current knowledge of pediatric lymphedema, including trends in medical diagnosis and treatment. Focus will be on the application of complete decongestive therapy to children and adolescents with lymphedema. Using life casted silicone models of pediatric limbs, attendees will practice modified manual lymphatic drainage and compression bandaging. We will provide tips and resources for obtaining compression garments for children and adolescents .Attendees will leave this educational session with the knowledge to understand the needs of children with lymphedema and with skills to apply that knowledge. Participants should have an interest in providing care to pediatric clients, 0-21 years old. They do not need to be certified as a lymphedema therapist to attend this course. (.9 CEUs)

**Course Objectives**

At the conclusion of this course, participants will be able to:

1. Explain the problem of lymphedema in children.
2. Understand the current medical treatment utilized for children with lymphedema, as well as the application of modified complete decongestive therapy to pediatric clients.
3. Apply short-stretch bandages to children with lymphedema.
4. Apply manual lymphatic drainage techniques to children with lymphedema.

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