

OUTLINE

Essentials for Edema Reduction

Interactive approach to the lymph system: nodes, load, pathways
How to properly assess the function of the various flow points
Time & cost-effective maintenance strategies that work

Pre & Post-Op — Joint Replacement, C-section, Sports Injuries, Bariatric Surgery, Breast Cancer Reconstruction, Cellulite, Plastic Surgery

4 things that affect post-surgical lymph flow
Assess lymph flow disruption from surgery
Pre and post-op protocol for MLD
How to increase lymph viscosity
What to do when there are no lymph nodes
Clinical assessment of scars

Head, Neck and Face: Bell's Palsy, Headaches, Sinusitis, Burns, Acne, Eczema, Trigeminal Neuralgia

The red flags to look out for
Fatty acid and cellular debris and their implications
Assessment strategies for the terminus
Physician recommended skin care routine
The MLD "mini-lift"

Pregnancy and Pediatric

Supra & sub fascial connection
Understanding vascular and lymph system interaction during and post pregnancy
Step-by-step protocol for pregnancy, infants and children
MLD "Mommy Makeover" for reducing the post pregnancy bulge, scarring, and LE edema
Nutritional considerations – we are what we eat

Peak Performance & Sports Injuries: Torn Muscles, Fractures, Dislocations, Bruises, Tendonitis, Tennis Elbow

Essentials of standardized clinical measuring A&P of joint bottlenecks
Scar management techniques
4 keys to bandaging for sports injury edema – why tighter isn't always better.
Strategies to maintain the effects of MLD treatment in athletes

Integrated Modalities for Pain Management

Integrate the sense of sight with evidence-based color therapy
Sensory details that have a clinical impact, like olfactory and odor removal
Pharmaceutical grade Halo Therapy (active)
Working with delicate populations and hospice

Learning Objectives can be viewed at pesirehab.com/express/88795

3 days – 19 CE Hours

Day 1:

8 am Program Begins
12-1 Lunch
4 pm Program Ends
Two 15-minute breaks (am/pm)

Day 2:

8 am Program Begins
12-1 Lunch
4 pm Program Ends
Two 15-minute breaks (am/pm)

Day 3:

8 am Program Begins
12-1 Lunch
3:30pm Program Ends
Two 15-minute breaks (am/pm)

Your Peers are Raving about this Training!

★★★★★

"This course was extremely well done, very current and addressed practical everyday practice." - Donna W, OT

★★★★★

"The speaker is very amazing, inspirational & knowledgeable. The new research Elisa shares, her elegant and authentic way of delivering it has brought my MLD diva out...I'm inspired to do new things with my 38 years of doing MLD. Thank You Elisa for being so incredible." - Linda C, PTA

★★★★★

"Absolutely loved this course! I was glued to every word!" - Carmela P, LMT

★★★★★

"Best lymphedema course I have taken." - Julie D, PT

FREE

Watch the first 10 minutes FREE

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MANUAL LYMPH DRAINAGE

3-DAY INTENSIVE & HANDS-ON LAB

Parsippany, NJ

Monday - Wednesday, May 1-3, 2023

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REGISTER NOW: pesirehab.com/express/88795



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

MANUAL LYMPH DRAINAGE

3-DAY INTENSIVE & HANDS-ON LAB



Become a Certified Holistic MLD Practitioner upon completion, a \$249.99 value, **YOURS FREE!**

- Quickly assess for and identify the root cause of the issue using an evidence-based framework.
- Develop a condition specific MLD protocol that easily fits into your treatment session.
- Utilize specific strokes that are extremely effective and not physically demanding on your body.
- Dramatically change or even reverse disease.

Valued at \$849.94, yours for only **\$599.99**

when you register by April 14, 2023 or per person for 2 or more preregistering together.

MANUAL LYMPH DRAINAGE

3-Day Intensive & Hands-on Lab

When you add manual lymph drainage to your arsenal of tools, you're tapping into a system that many practitioners are completely overlooking. By stimulating the healthy and more centrally located nodes, you can create suction to pull the built-up fluid into the area with normal lymph drainage. **You're essentially harnessing the natural power of the body to restore function!**

Bringing over 20 years of experience to the table, Elisa DiFalco, MS, OT, CMLDT, LMT, will provide you with the tools you need to:

- Quickly assess for and identify the root cause of the issue using an evidence-based framework.
- Develop a condition specific MLD protocol that easily fits into your treatment session.
- Utilize specific strokes that are extremely effective and not physically demanding on your body.
- Dramatically change or even reverse disease.

With your newfound skills that activate healthy lymph nodes, increase venous return and facilitate drainage from the affected limb, the patient's search for help stops with you! You'll become the go-to resource for alleviating swelling, heaviness, tightness, and aching from a myriad of conditions.

- Joint replacement
- C-section
- Sports injuries
- Bariatric surgery
- Breast cancer reconstruction
- Headaches
- Torn muscles
- Tendonitis
- Bruises
- ...and many more!

Whether you're a new therapist or seasoned practitioner, this must have certification course will provide valuable insight for incorporating MLD in the clinical setting. You'll walk away with strategies that you can implement immediately! **Help patients get their lives back with this brief and gentle treatment!**

PREPARING FOR THE SEMINAR:

- Please wear loose and comfortable clothing for labs
- Please bring a massage table and/or yoga mat to use in labs

CERTIFICATION MADE SIMPLE!



• No hidden fees – **PESI pays for your application fee (a \$249.00 value)*!**

• Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Holistic MLD Practitioner (C-MLD) through Evergreen Certifications is complete.*

*Attendees will receive documentation of MLD designation from Evergreen Certifications 4 to 6 weeks following the program. *Professional standards apply. Visit evergreencertifications.com/C-MLD for professional requirements.*

Questions? Visit our FAQ page at www.pesirehab.com/faq or contact us at www.pesirehab.com/info.

Can't attend in person? You can still join us!

Watch on-Demand – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit pesirehab.com for availability).

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Celestee Roufs** at croufs@pesi.com or call **715-855-5229**.

MEET YOUR SPEAKER

Elisa DiFalco, MS, OT, CMLDT, LMT, began working as a lymphedema specialist & clinic day educator for Robert Lerner, M.D., "The Pioneer of Lymphedema Treatment." Soon after receiving a master's degree in occupational therapy, she became clinic director/owner of LTS Clinic where she opened a new MLD market with Florida's leading plastic surgeons. From her success, she was inspired to create new MLD courses for therapists to learn from and model after.

For 23 years, Ms. DiFalco has been public and practitioner educator through monthly radio broadcasts and column for *Boomer Times*, support group facilitator, physician in-services, consultant to major insurance companies, public speaker at American Cancer Society and serving on several university advisory boards. She was also appointed educational standards chair for FSMTA of Florida and has won the NLN Lymphedema Day Award. The in-demand educator enjoys combining education and entertainment as presenter for: FOTA, FSMTA, AMTA, ISSE, World Massage Festival, Premier Day Spa Show, CSFA and Elite conventions. Today, Elisa is moving MLD forward through technology to reach the masses and offers a weekly show featuring experts in the field.

Speaker Disclosure:

Financial: Elisa DiFalco is the president of MLD Institute International. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Elisa Difalco is a member of the American Occupational Therapy Association, Florida Occupational Therapy Association, and the American Massage Therapy Association.

Target Audience:

Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Occupational Therapist Assistants, Massage Therapists, Athletic Trainers



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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.

Athletic Trainers: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 19.0 hours of Category A continuing education.

Massage Therapists: PESI, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1808. This course is offered for 19.0 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88795>.

Physical Therapists & Physical Therapist Assistants: This activity consists of 19.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

New Jersey Physical Therapists & Physical Therapist Assistants: This course has been submitted to the New Jersey State Board of Physical Therapy for review.

Other Professions: This activity qualifies for 1140 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

For all credit approvals and details, visit: www.pesirehab.com/express/88795

SIGN UP TODAY!

Manual Lymph Drainage: 3-Day Intensive & Hands-on Lab

SAVE TIME! Express Register Online: pesirehab.com/express/88795

1 Please complete entire form if sending by mail *please print legibly* ©2023

*Email address _____ ***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____ ***Required for event updates**

2 Live Training Options (make copy for your records)

A SELECT LOCATION

PARSIPPANY, NJ • May 1 - 3, 2023 88795PAY
Sheraton Parsippany Hotel
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B SELECT LIVE IN-PERSON TUITION includes downloadable seminar manual

\$599.99 – choose one of the options below:
 per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date
 \$699.99 standard

3 Home Study Options

Online Course \$399.99** CRS001385

* plus applicable sales tax, visit www.pesirehab.com/faq for more information

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **Get a Group Discount!** Contact us at pesirehab.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required
- **\$150 Tuition:** If you are interested in being our registration coordinator for all three days, go to: www.pesirehab.com/coord for availability and job description, first come, first serve.
- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit www.pesirehab.com/students for details.

QUESTIONS

Visit pesirehab.com/faq or contact us at pesirehab.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI Rehab
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-726-3888
Online: pesirehab.com/express/88795

4 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

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