About the Instructor:
Vivian Dim OTR CHT is a Canadian occupational therapist who has worked in the area of hand therapy since 2000. She is the founder of Arm More Therapy- a private practice clinic located in Beamsville, ON which focuses on hand therapy, stroke rehabilitation and hand lymphedema management.

Pertinent credentials include:
- Certified Hand Therapist
- Appointed the sole Canadian instructor for Manual Edema Mobilization (MEM) by Sandra Artzberger, the founder of the MEM treatment
- Certification in complete Decongestive Therapy for the treatment of lymphedema
- Garment fitter
- Currently working toward her certification in wound care

Course Times:
Saturday September 24, 2016
8:00 – 5:00
Sunday September 25, 2016
8:00 – 3:00

Course Location:
Physiotherapy Department
800 Sherbrook Street
Winnipeg, Manitoba
Rehabilitation Hospital
Health Sciences Centre

AGENDA
Saturday, September 24, 2016

7:30 Registration
8:00 Trouble with edema
10:00 Break
10:15 Lymphatic Anatomy & Physiology
12:30 Lunch
12:30 Break
3:00 Break
3:15 Lab: continued
5:00 Adjourn

Sunday, September 25, 2016

8:00 Review of Day 1
10:00 MEM research
10:15 Lab: MEM strokes and pump points
12:00 Lunch
1:00 Lab: MEM methods continued
1:00 Compression
3:00 Adjourn

Registration Costs:
EARLY BIRD REGISTRATION
Prior to September 1, 2016:
$425.00

REGISTRATION
After September 1, 2016:
$475.00

Registration Deadline:
September 16, 2016

Please make the cheque payable to:
HSC Physiotherapy

Course Registration includes:
- Nutrition Breaks
- Course Notes

Note: The course will be cancelled if there are insufficient registrants

For further information please contact:
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Course Description:
Therapists are often frustrated with persistent edema that continues to return in spite of their best efforts. Specific techniques to activate the lymphatic system will quickly and permanently reduce edema that presents as viscous, thick, and very slow to “rebound” from being pitted. Manual Edema Mobilization (MEM) was designed specifically to activate the lymphatic system.

A new shorter version enables the therapist to do the technique in a 15 to 20 minute time frame, thus allowing time in a treatment session to address other patient needs. A home self management MEM program is essential for success. Therefore, a short, easy to follow, effective program for the patient is also taught as part of the course.

Following the completion of this course, the participant will be able to tailor programs to individual patient needs and feel confident in applying techniques in a clinical setting.

MEM addresses over-whelmed intact “normal” nodes and lymphatics as found with sub-acute post trauma/surgery “persistent” edema and sub-acute and chronic post-stroke hand edema.

Potential Attendees:
- Physiotherapists & Occupational Therapists with an interest in upper limb therapy and/or post stroke edema management
- Techniques learned are not suitable for post-cancer or primary lymphedema.