

# Compression Management Workshop

Friday, April 20, 2012

3:15-7:30pm

Ramada Hotel & Conference Centre, Regina

**Speaker: Dorit Tidhar, BPT**, is a physiotherapist who was trained in lymphedema therapy by Prof. Judith Casley-Smith in 1999 and was certified by her as a teacher in Self Management and Exercise for Lymphedema in 2003. She designed the program Aqua Lymphatic Therapy – Tidhar Method to help people who suffer from lymphedema maintain and improve the results of conventional treatment and conducted a randomized controlled trial as part of her Master's degree in Tel Aviv university in Israel, to examine this method. She has published 5 articles in scientific journals. Dorit is now working at the McGill University Health Centre's Lymphedema Clinic in Montreal as a clinician and an instructor and is coordinating the educational program for lymphedema therapists, physiotherapists and nurses in various subjects related to lymphedema.

## Description:

This workshop will discuss in depth ways to achieve compression gradient; how to apply a safe compression system and how to deal with specific problems (swelling of the hand, swelling of fingers, pain in the wrist, redness and tightness over the elbow etc.); how much reduction to expect; when to measure for a garment and how to evaluate whether the garment is a good fit. The practical session will give tools for applying a safe compression system and dealing with different situations according to objective measurements.

**Target Audience:** Health professionals involved in the prescription and application of compression for lymphedema.

## Learning Objectives:

The therapists will

- Learn of how to use the Laplace Law in the application of a safe compression system
- Understand how to change the bandaging according to objective feedback
- Practice one set of bandaging (leg & arm) and be able to determine the amount of compression that is applied.

## Schedule:

3:15pm Registration

3:30 Course starts

5:30 Break - light supper provided

6:00 Course resumes

7:30pm Course concludes

## COURSE INFORMATION:

Date and Time: **Friday, April 20, 2012, 3:15-7:30p.m.**

Location: **Regina, Saskatchewan – Ramada Hotel & Conference Centre**

Registration Fee: Health professionals: \$52.50 before March 22, 2012, \$65.63 after March 22, 2012  
*Fees include 5% GST. Registration will **NOT** be processed until payment is received.*

Early Registration

Deadline: March 22, 2012 *Registrations will be accepted until April 5, 2012 if space permits.*

*Registration is limited to 30 participants.*

*Registration fee includes syllabus and refreshment breaks.*

**On March 22, a decision will be made whether there is sufficient registration to run the course. Space is limited to 30 applicants so please apply early. Applications will be considered after the registration deadline until the April 5<sup>th</sup>, if space is available.**

*CPTe provides courses for educational purposes, but in so doing, it does not imply endorsement of those courses or course content. Registrants are urged to be critical thinkers and active learners in all educational sessions.*

REGISTRATION FORM: **Compression Management Workshop**

**Early Registration Deadline: March 22, 2012** *On this date, a decision will be made whether there is sufficient registration to run the course. Space is limited to 30 applicants so please apply early.*

Registrant's Name \_\_\_\_\_ Professional Designation: \_\_\_\_\_

Address \_\_\_\_\_  
(Street) (City)

\_\_\_\_\_  
(Province) (Postal Code) **Email: (required)** \_\_\_\_\_

Telephone (Res.) \_\_\_\_\_ (Bus) \_\_\_\_\_ (Fax) \_\_\_\_\_

The above information is required so that CPTE can contact you with additional course information, confirmation and any announcements related to this course. CPTE will also include your name, mailing address, email address and business phone number on a list that will be provided to the course instructor if requested. This will be the sole use of the information that you provide.

**Registration Fee:** \_\_\_\_\_ \$50 + \$2.50 GST = \$52.50 /Early (**before March 22, 2012**)  
\_\_\_\_\_ \$62.50 + \$3.23 GST = \$65.63 /Late (**after March 22, 2012**)

**Method of Payment:** Select One: \_\_\_\_\_ Company Cheque \_\_\_\_\_ Personal Cheque \_\_\_\_\_ Credit Card  
*(Cheque made payable to University of Saskatchewan - CPTE)*  
Payments will be processed on or after March 22, 2012.

For credit card payment: \_\_\_ Visa \_\_\_ Mastercard Card No: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Name on card: \_\_\_\_\_ Authorizing signature: \_\_\_\_\_

Courses are subject to cancellation if minimum number of applicants is not received by March 22, 2012. In this case, a full refund will be provided. Refund for withdrawal from the course shall be subject to date of notification of withdrawal. If notification of withdrawal is received by the CPTE Program Coordinator prior to 1:00 pm on March 22, 2012, a processing fee of \$20.00 will be withheld on all refunds. If notification of withdrawal is received after that time, the participant will not be refunded unless the position can be filled. The \$20 processing fee will still apply. Even if the course has been confirmed, CPTE is not responsible for travel/accommodation costs booked in advance, in the event of sudden unavoidable cancellation of the course (ie. instructor illness, Acts of God). If maximum number of applicants is received, names will be put on a waiting list in case of applicant withdrawal.

\_\_\_\_\_  
**CONSENT AND WAIVER FORM:** (This waiver **MUST** be signed and enclosed with registration form and fee.)  
This course may contain lectures, discussion, demonstrations and practical sessions where you could be asked to act as a model for the instructor, assistant or for fellow participants during the course. The instructor, assistant or fellow participant may or may not be licensed. Acting as a model could involve following instructions, undergoing assessment or evaluation procedures, and/or undergoing treatment procedures. If, at any time, you feel uncomfortable or wish to refuse to participate, you must do so by telling the instructor prior to, or during the session. Signing below indicates that you have given consent to full participation in the course, including acting as a model for demonstrations and practical sessions, unless you express your refusal to the course instructor before or during participation in the course.

I accept all physical and legal risks in participating in this course. I hereby waive and release Continuing Physical Therapy Education, the University of Saskatchewan, the Saskatchewan Physiotherapy Association Inc., and the premises owner/occupier, as well as all employees, instructor(s) and assistant(s) from all of the above from any claims of loss, damage or injury which in any way results directly or indirectly from this course.

I have read and understand the waiver of liability appearing above and I INDICATE MY ACCEPTANCE OF THE SAID WAIVER BY SIGNING BELOW.

\_\_\_\_\_  
(Participant's Signature)

\_\_\_\_\_  
(Date)

Return completed registration form, waiver and payment so that they are received by March 22, 2012.

**Fax to: (306) 966-1986**

**Mail to: Continuing Physical Therapy Education, Room 116 - 1121 College Drive, Saskatoon, SK S7N 0W3**

For more information, contact: Pat Tremaine Ph: (306) 966-2043 Email: [pat.tremaine@usask.ca](mailto:pat.tremaine@usask.ca)