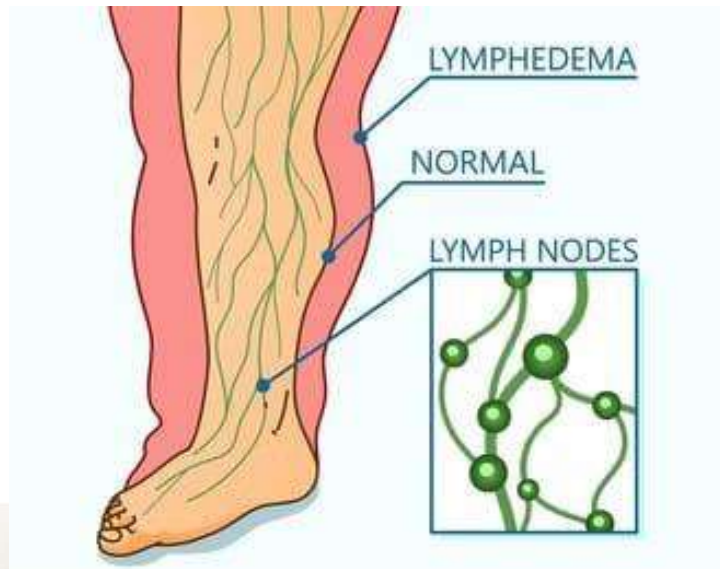




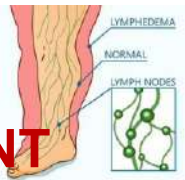
**KLE ACADEMY OF HIGHER EDUCATION & RESEARCH**  
Accredited "A+" Grade by NAAAC (3rd Cycle) & Placed in Category "A" by MoE (GoI)  
**INSTITUTE OF PHYSIOTHERAPY**  
**BELAGAVI - KARNATAKA**



# VALUE ADDED COURSE ON INTRODUCTION TO LYMPHEDEMA MANAGEMENT



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## PREAMBLE

→ Lymphedema is a common complication in medical conditions like cancer which is preventable in the early stages. Therefore this value added course will add on to the basic knowledge of prevention and treatment of lymphedema with exercises and bandaging

## OBJECTIVE

- ❖ Identify the components of the lymphatic system and its function.
- ❖ Identify indications and contraindications for Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT).
- ❖ Able to perform MLD sequences and apply compression bandaging for patients with upper and lower extremity lymphedema

**DURATION : 15 hours**

**MEDIUM OF INSTRUCTION : English**

**TARGET AUDIENCE: BPT Interns**

**FREQUENCY: Once a year**

**No. of Seats : 20 Physiotherapy Interns**

## CONTENT

- Anatomy, physiology and pathology of the lymphatic system.
- Introduction to Lymphedema.
- Comprehensive Lymphedema assessment.
- Remedial exercises and skin care.
- Multilayer bandaging techniques.
- Principles and application of manual lymphatic drainage.
- Home maintenance program.