



University Course: "Complex Decongestive Therapy"  
Module 1: Principles of lymphoedema I

Time from	Time to	Course Content	Lecturer	Lecture Mode
		<b>Day 1</b>		
		<b>05.02.2024</b>		
09:00:00	09:45:00	Opening / exam (content: Anatomy and physiology of the lymphatic system)	Dr. Petra Auner-Gröbl	theory
09:45:00	10:45:00	refresher compression	Dr. Petra Auner-Gröbl	theory
10:45:00	11:00:00	Break		
11:00:00	12:00:00	refresher grip technics, refresher neck	Dr. Petra Auner-Gröbl	theory
12:00:00	12:45:00	Lunch break		
12:45:00	14:30:00	MLD - Practical training: manual lymph drainage on healthy lymph vessels - leg ordinary treatment	Dr. Petra Auner-Gröbl	theory
14:30:00	14:45:00	Break		
14:45:00	16:45:00	leg ordinary treatment	Dr. Petra Auner-Gröbl	theory
16:45:00	17:15:00	Questions		theory
		<b>Day 2</b>		
		<b>06.02.2024</b>		
08:00:00	09:00:00	leg oedema treatment	Dr. Petra Auner-Gröbl	theory
09:00:00	09:15:00	Break		
09:15:00	10:15:00	leg oedema treatment	Dr. Petra Auner-Gröbl	theory
10:15:00	10:30:00	Break		
10:30:00	11:30:00	leg oedema treatment 1 patient case demonstration	Dr. Petra Auner-Gröbl	theory
11:30:00	12:30:00	Lunch break		
12:30:00	14:15:00	MLD - Practical training: manual lymph drainage on healthy lymph vessels - arm ordinary treatment	Dr. Petra Auner-Gröbl	practice
14:15:00	14:30:00	Break		
14:30:00	16:15:00	arm ordinary treatment	Dr. Petra Auner-Gröbl	practice
16:15:00	16:45:00	Questions	Dr. Petra Auner-Gröbl	theory
		<b>Day 3</b>		
		<b>07.02.2024</b>		
08:00:00	08:30:00	theory lymphoedema treatment	Dr. Petra Auner-Gröbl	practice
08:30:00	09:30:00	arm oedema treatment	Dr. Petra Auner-Gröbl	practice
09:30:00	09:45:00	Break		
09:45:00	10:15:00	arm oedema treatment 1 patient case demonstration	Dr. Petra Auner-Gröbl	practice
10:15:00	10:30:00	Break		
10:30:00	11:30:00	arm oedema treatment 1 patient case demonstration	Dr. Petra Auner-Gröbl	theory/practice
11:30:00	12:30:00	Lunch break		
12:30:00	14:15:00	Physiology and pathology of the oedema	Dr. Eva Kampelmühler	theory
14:15:00	14:30:00	Break		
14:30:00	16:30:00	Physiology and pathology of wounds	Dr. Eva Kampelmühler	theory
16:30:00	17:30:00	case demonstration	Dr. Eva Kampelmühler	theory
		<b>Day 4</b>		
		<b>08.02.2024</b>		
08:00:00	08:30:00	practical approach according to lymphoedema classification	Dr. Eva Kampelmühler	theory
08:30:00	09:30:00	case demonstrations	Dr. Eva Kampelmühler	theory
09:30:00	09:45:00	Break		
09:45:00	10:15:00	Reconstruction	Dr. Eva Kampelmühler	theory
10:15:00	10:30:00	Break		
10:30:00	11:30:00	Principles of CDT: combination MLD, fascia technics and physiotherapie case demonstrations	Dr. Eva Kampelmühler	theory/practice
11:30:00	12:30:00	Lunch break		
12:30:00	14:15:00	trunk ordinary treatment	Dr. Petra Auner-Gröbl	practice
14:15:00	14:30:00	Break		
14:30:00	16:30:00	trunk ordinary treatment	Dr. Petra Auner-Gröbl	practice
16:30:00	17:30:00	case demonstrations trunk adding respiratory therapy	Dr. Petra Auner-Gröbl	practice
		<b>Day 5</b>		
		<b>09.02.2024</b>		
08:00:00	08:30:00	Summary, questions	Dr. Petra Auner-Gröbl	theory
08:30:00	09:30:00	Introduction of fascia treatment/ Scar treatment	Dr. Petra Auner-Gröbl	practice
09:30:00	09:45:00	Break		
09:45:00	10:45:00	fascia technics	Dr. Petra Auner-Gröbl	practice
10:45:00	11:00:00	Break		
11:00:00	12:00:00	case demonstrations	Dr. Petra Auner-Gröbl	practice
12:00:00	13:00:00	Lunch break		
13:00:00	14:30:00	questions and exercise	Dr. Petra Auner-Gröbl	practice
14:30:00	15:00:00	question to function exercise and physiotherapy	Dr. Petra Auner-Gröbl	
15:00:00	15:15:00	Break		
15:15:00	16:15:00	Summary, questions to compression and scare treatment	Dr. Petra Auner-Gröbl	practice
16:15:00	17:00:00	Feedback/ preview to Module 3 - questions to entry-exam and case reports	Dr. Petra Auner-Gröbl	theory
17:00:00	17:30:00	Closing Ceremony	Prof. Dr. Ana Poljicanin, Dr. Petra Auner-Gröbl Stefan Bergmann	