



# Lymphatics Integration for Pelvic Pain

June 3&4, 2021

Registration Deadline: May 27, 2021

**LOCATION** MAHEC Simulation Center  
Mary C. Nesbitt Biltmore Campus  
119 Hendersonville Rd, Asheville NC 28803

**DATE** **Thursday, June 3, 2021**  
**REGISTRATION PROGRAM** 7:30 am–8:00 am (*light breakfast provided*)  
8:00 am–5:00 pm (*lunch provided*)

**DATE** **Friday, June 4, 2021**  
**REGISTRATION PROGRAM** 7:30 am–8:00 am (*light breakfast provided*)  
8:00 am–5:00 pm (*lunch provided*)

**MUST REGISTER BY MAY 27, 2021!**

**PROGRAM FEE** **\$500.00** (\$515.00 after 5/20/21)

[CLICK HERE TO REGISTER](#)

## DESCRIPTION

This 2-day course begins by teaching the fundamentals of lymph anatomy and physiology in addition to the identification, staging and classification of lymphedema. This course emphasizes the benefits of utilizing manual lymph drainage for patients with pelvic pain. Participants will be instructed in the lymph transport aspect for Complete Decongestive Therapy (CDT) that emphasizes pelvic lymphatic decongestion to be utilized in conjunction with current interventions for pelvic pain. This approach can be used for a variety of pelvic floor dysfunctions including: painful pelvic congestion, bladder syndrome, endometriosis, vulvodynia, vaginismus, abdominal inflammatory conditions and many more. Course attendees will learn how to examine the lymphatic system, how to integrate concepts of pelvic lymphatic dysfunction with common pelvic pain diagnoses, as well as how and when to apply appropriate manual lymphatic drainage techniques for specific patient presentations.

An emphasis is placed on hands-on practice with MLD, and several hours within the continuing education course are devoted to lab activities. The labs include both external genitalia and internal vaginal lymphatic stimulation. Participants will learn standard lymph drainage protocols and how to adjust and supplement existing protocols with new decongestion MLD techniques for pelvic pain relief. At the end of this 2-day course, attendees will have a well-defined protocol for treating pelvic pain patients using manual lymphatic drainage. Join us to see how a lymphatic therapeutic approach is beneficial for reducing pain in patients with pelvic floor dysfunction.

**Participants must provide proof of current PT or OT licensure and current liability insurance at the time of registration. Email documentation to [rosalyn.wasserman@mahec.net](mailto:rosalyn.wasserman@mahec.net)**

**\*\*Registration must be received by Thursday, May 27, 2021, so a prerequisite educational video can be reviewed by participants in advance of the program.\*\***

## PROGRAM AGENDA

### June 3

- 7:30–8:00** Registration and Check-In (*light breakfast provided*)
- 8:00–9:40** **Welcome and Lymphatic Overview**
- 9:40–9:55** Break
- 9:55–10:45** **Lymphatic System Activity**
- 10:45–11:00** **Lymphatic Breathing Activity**
- 11:00–12:00** **Lymphedema Breathing Activity**
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:40** **Debrief Lymphedema and Pelvic Pain**
- 2:40–2:55** Break
- 2:55–5:00** **Create a Manual Lymphedema Drainage (MLD) Protocol for a Pelvic Pain Patient**
- 5:00** Adjourn Day One

### June 4

- 7:30–8:00** Registration and Check-In (*light breakfast provided*)
- 8:00–9:40** **Review Standard MLD Protocol**
- 9:40–9:55** Break
- 9:55–10:45** **Debrief Group Assignment; MLD Practice Session**
- 10:45–11:00** Break
- 11:00–12:00** **MLD Practice Session**
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:40** **Create MLD Protocol; MLD Practice Session**
- 2:40–2:55** Break
- 2:55–5:00** **Case Study Activity**
- 5:00** Adjourn Course



Stay connected! Follow us on Facebook: @MAHECED

## OBJECTIVES

- Create a visual representation of the lymph physiology at the capillary bed, and identify, stage and classify lymphedema
- Relate an overview of the current PT treatment model and how & why to integrate the lymphatic system into treatment
- Describe and apply manual lymph drainage (MLD) for pelvic floor dysfunctions and pain
- Examine the lymphatic system and integrate concepts of pelvic lymphatic dysfunction with common pelvic pain diagnoses
- Demonstrate the Franklin Method breathing techniques and movement exercises to support lymph transport tone throughout the body
- Demonstrate standard lymph drainage protocols and describe how to adjust & supplement existing protocols with new decongestion MLD techniques for pelvic pain relief

## REGISTRATION

**Must register by May 27! Early registration deadline: May 20, 2021**

The program registration fee is \$500.00. This fee includes administrative costs, educational materials, breakfast, and lunch. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

## AUDIENCE

Physical Therapists and Occupational Therapists only

**Must provide proof of current PT or OT licensure and liability insurance at time of registration. This educational content is not intended for use outside the scope of the learners' professional license of regulation.**

## FACULTY

**Debora Chasse, DPT, WCS, CLT-LANA, CMRP, FME**, is the Founder and Owner of Function Ability Physical Therapy, where she offers an integrative approach to osteopathic and traditional physical therapy treatment. Dr. Chasse is an abstract thinker and by learning the techniques thoroughly, she is able to approach physical therapy treatment with increased accuracy to more efficiently find the primary problems and resolve the patient's dysfunction and pain. Manual therapy using an integrative therapeutic approach is very effective in making permanent changes in the body. Additionally, Dr. Chasse integrates imagery and movement exercises to increase patient's autonomy, empowering them to take charge of their health as their impairment resolves. This is accomplished by addressing the whole body and its contribution to that impairment and, in doing so, bringing the patient to better health and a higher plane of living.

Debora began practicing women's health physical therapy in 1999 and is one of the few experts in both pelvic floor physical therapy and lymphedema. She earned her Doctor of Physical Therapy degree from Loma Linda University in 2006, received her Master's degree in Physical Therapy and Bachelor of Health Science from Loma Linda University in 1996, and has committed her career to learning and training from elite instructors in North America and Europe. In 2009, she received board certification in women's health physical therapy and in 2001 received lymphedema certification with the Lymphology Association of North America. In 2019 she completed certifications as a Franklin Method Educator. Debora is also a contract faculty member at Loma Linda University and is an assistant instructor with the Matrix Repatterning Institute.

## CREDITS

**Physical Therapists:** MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **13.50** contact hours.

**Occupational Therapist:** As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **14.75** CCAs. Please select contact hours for your certificate.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **1.50** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **14.75** contact hours.



# Lymphatics Integration for Pelvic Pain

June 3&4, 2021

Registration Deadline: May 27, 2021

## DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus**  
119 Hendersonville Road, Asheville, NC 28803

**From I-40 E:** Take Exit 50; turn left on Hendersonville Rd.

**From I-40 W:** Take Exit 50B; merge on Hendersonville Rd.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**From 19-23 (I-26):** Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX- \_\_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

MEAL PREFERENCE  Vegetarian  Gluten-free  Vegan

PROGRAM FEE  \$500.00  \$515.00 (after 5/20/21)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Send completed registration form to: #62780  
MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768

Send current PT or OT licensure and liability insurance to  
[rosalyn.wasserman@mahec.net](mailto:rosalyn.wasserman@mahec.net).

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

HAVE A QUESTION?  
Contact the Program Planner

Rosalyn Wasserman, PT, DPT  
[rosalyn.wasserman@mahec.net](mailto:rosalyn.wasserman@mahec.net) or 828-257-4437

Special Services  
828-257-4485

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION [www.mahec.net/cpd](http://www.mahec.net/cpd)

EMAIL [registration@mahec.net](mailto:registration@mahec.net)

MAIL MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803