

THEORY OF AND APPLICATIONS FOR NEURO-LYMPHATIC THERAPY

AUGUST 16–17, 2024



Location	MAHEC Education Building 121 Hendersonville Road Asheville, NC 28803
Day 1	Friday, August 16, 2024
Registration	8:00 am–8:30 am
Program	8:30 am–4:30 pm (<i>lunch provided</i>)
Day 2	Saturday, August 17, 2024
Registration	8:00 am–8:30 am
Program	8:30 am–4:30 pm (<i>lunch provided</i>)

DESCRIPTION

In this two-day lecture and lab-based class, we will explore exciting new studies as well as learn the practical applications of Neuro-Lymphatic Therapy (NLT) for the purposes of tissue and central nervous system (CNS) detoxification. NLT can assist in decreasing the clinical manifestations of neurological and autoimmune diseases. Due to hands-on labs, this is a small class and will fill quickly—register soon!

Please Note: It is recommended that all course participants wear comfortable clothes for labs.

TARGET AUDIENCE

- Occupational Therapists & Assistants
- Physical Therapists & Assistants
- Massage Therapists
- Nurses or other healthcare professionals with a background in Manual Lymphatic Drainage (MLD)

OBJECTIVES

Upon completion, participants will be able to:

- Correlate the physiology of the lymphatic function to the physiology of the CNS and properly identify basic lymphatic and CNS anatomy via palpation or anatomical chart
- Describe how CNS disease processes affect functional movement, range of motion, and pain
- Find and reference research articles which demonstrate the anatomical and/or physiological links between common CNS disorders and the lymphatic system
- List the rationale of each of the five concepts of MLD and how they relate to the anatomy and physiology of the lymphatic system
- List indications and contraindications for NLT
- Identify indications of lymphatic and cerebrospinal fluid stagnation, explain how this can influence function and pain, and describe what manual interventions should be used
- Demonstrate the proper hand positions of cranial therapy and the hand placements for a general head and neck sequence; as well as the general thorax, spine, and abdominal sequence of NLT
- Demonstrate a correct manual sequence utilizing NLT for positive client/patient outcomes and list the correct order in which to apply NLT with other manual modalities
- Instruct the client/patient in basic self-care routines of NLT to extend therapy sessions and facilitate self-management

REGISTER ONLINE

FACULTY

Carmen Recupero, BS, LPTA, CMT, CLT

Carmen is the Executive Director and Instructor of Monarch Consulting and Education in Christiansburg, VA. She has over 25 years of experience in leadership roles with hospitals/health systems, long-term care, healthcare start-ups, and a principal in continuing education and consulting business. In 2010, Carmen created Monarch Continuing Education, one of only seven nationwide training programs for allied health certifications, and has taught hundreds of students in her lymphatic certification courses. She has been a presenter for Cross Country/Vyne Education since 2008, lecturing on various topics in healthcare management and in leadership. Carmen is also a WCC-certified wound care specialist through the National Alliance of Wound Care and Ostomy.

FRIDAY, AUGUST 16, 2024

- 8:00–8:30** Registration/check-in and Light Refreshments (*provided*)
- 8:30–9:30** Introduction to Concepts and General Theory of CNS and Lymphatic Correlation
- 9:30–10:30** Basic Lymphatic and CNS Anatomy and Physiology
- 10:30–10:45** Break
- 10:45–11:45** Manifestation and Presentation of Multiple Sclerosis, Parkinson's, Alzheimer's, and Other Degenerative Diseases and Processes of the Brain and CNS
- 11:45–12:15** Lunch (*provided*)
- 12:15–1:15** **Lecture:** How Proteins Present in the Brain from Diseases Could Be Reduced through MLD and Cranial Therapy
Lab: Five Basic Concepts of MLD
- 1:15–2:15** **Lab:** Basics of Cranial Therapy and Basic Holds to Impact the CNS
- 2:15–3:15** *Putting It All Together*
Lecture: How the CNS and Lymphatic System Work Together Physiologically
Lab: Head and Neck Protocol for NLT
- 3:15–3:30** Break
- 3:30–4:30** **Lecture:** Indications and Contraindications for Care and Q&A
- 4:30** Adjourn

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.

SATURDAY, AUGUST 17, 2024

- 8:00–8:30** Registration/check-in and Light Refreshments (*provided*)
- 8:30–9:30** **Demo and Lab:** Neuro-Lymphatic Positions for Thorax, Spine, and Abdomen
- 9:30–10:30** Self-care Programs for Client Education Techniques, Self MLD, and NLT
- 10:30–10:45** Break
- 10:45–11:45** Physiology of Lymphatic Stagnation, Symptoms, and Suggested Interventions
- 11:45–12:15** Lunch (*provided*)
- 12:15–1:15** Current Research to Support Presence of Lymphatics in the CNS and Lymphatic Congestion Related to Glaucoma, MS, ALS, Alzheimer's, Parkinson's, and More
- 1:15–2:15** *Putting It All Together*
Lab: Full-body Treatment, (Head, Neck, Thorax, and Abdomen) Utilizing NLT
- 2:15–2:30** Break
- 2:30–4:00** Integrating NLT with Other Manual Modalities
- 4:00–4:30** Final Q&A
- 4:30** Adjourn

CREDIT OFFERINGS

Occupational Therapist/Assistant: 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. **14.0** CCAs. Please select contact hours for your certificate.

Physical Therapist/Assistant: MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **14.0** contact hours.

Massage Therapists: Monarch Continuing Education is a NCBTMB-approved provider for continuing education (AP# 450981-09). Choose contact hours.

Nurses: MAHEC, as part of the NC AHEC system, is an acceptable provider for continuing education per the NC Board of Nursing. Choose contact hours.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.4** 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 **14.0** contact hours.

DIRECTIONS

MAHEC Education Building
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

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.

REGISTRATION

Early registration deadline: August 9, 2024

Program fees include administrative costs, educational materials, light refreshments, and lunch. If your registration is received after the deadline listed above, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are 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)



HAVE A QUESTION?



Special Services

828-771-3495

Program Planner

Rosalyn Wasserman, PT, DPT

828-257-4437 | rosalyn.wasserman@mahec.net

Registration Phone

828-257-4475

Email

registration@mahec.net

Registration Fax

828-257-4768

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Online Registration

mahec.net/events

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REGISTRATION FORM

Event #73292

Updated contact information below

Name _____

Credentials _____

Occupation _____

Email Address _____

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

Please remove me from the MAHEC mailing list

Home Address _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

PAYMENT INFORMATION

OTs, PTs, or Nurses

\$399.00 \$414.00 if after 8/9/2024

OTAs, PTAs, and Massage Therapists

\$349.00 \$364.00 if after 8/9/2024

MAHEC Employees

\$200.00 w/code: _____

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

PAYING WITH CARD

Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768