



Peripheral Edema Management

Physical Agents

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 176 slides and is 125 minutes in duration.

I. Professor Toni Sander

A. PRICE in the management of acute edema

1. Definition
 - a. Protection
 - b. Rest
 - c. Ice
 - d. Compression
 - e. Elevation
2. Physiologic rationale for using PRICE
3. Indications and contraindications
4. Parameters and evidence
 - a. Protection and rest
 - b. Ice

Questions for Reflection — slide 19 @ 10 minutes

- c. Compression
- d. Elevation

Interactive Questions — slide 24 @ 13 minutes

B. Heat therapies

1. Physiological effects
2. Using heat in treatment
3. Evidence for metastasis
4. Parameters for use
 - a. Moist hot packs
 - b. Saunas and hot tubs

Questions for Reflection — slide 31 @ 19 minutes

5. Ultrasound
 - a. Physiological effects
 - b. Parameters for use
 - c. Indications and contraindications
 - d. Controversies

Notes

C. Kinesio tape (KT)

1. Physiologic rationale
2. Indications and contraindications
3. Parameters for use
4. Evidence

Interactive Questions — slide 45 @ 29 minutes

D. High voltage pulsed current (HVPC)

1. Physiologic rationale
2. Use of HVPC for
 - a. Edema reduction
 - b. Wound care
3. Indications and contraindications
4. Evidence
5. Electrical stimulation and metastasis

E. Review: Using physical agents in practice

1. Documentation
2. Reimbursement
3. Case study

Questions for Reflection — slides 60 & 62 @ 36 & 38 minutes

Interactive Questions — slide 66 @ 40 minutes

II. Professor Kimiko Yamada: Compression pump therapy

A. Overview

1. Components
2. Types of compression pumps
3. Physiologic rationale

Interactive Questions — slide 81 @ 50 minutes

B. Compression pump therapy

1. Indications and contraindications
2. Parameters
 - a. Patient set-up
 - b. Type of pump
 - c. Amount of pressure
 - d. Type of compression sequencing
 - i. Static vs. dynamic
 - ii. Sequential vs. peristaltic
 - iii. Pre-therapy vs. no pre-therapy
 - e. Frequency of compressions
 - f. Duration
 - g. Cryo-compression

Interactive Questions — slide 96 @ 65 minutes

3. Evidence
4. Reimbursement/costs
5. Considerations

C. Case studies

1. Case study #1

Notes

Questions for Reflection — slides 111 & 113 @ 77 & 79 minutes

2. Case study #2

Questions for Reflection — slides 120 & 122 @ 83 & 86 minutes

- C. Documentation
- D. Disclosures

Interactive Questions — slide 125 @ 88 minutes

III. Professor Betsy Campione: Low level laser therapy (LLLT)

- A. Overview
 1. Objectives
 2. Background
 3. Types of lasers
 4. Purpose
- B. Physiologic responses to LLLT
 1. General
 2. Edema reduction
 3. Cellular level
 4. Metastasis
 5. Lymphatic system
- C. Treatment with LLLT
 1. The LTU-904
 2. Parameters
 3. Indications
 4. Contraindications

Interactive Questions — slide 139 @ 100 minutes

- D. Evidence for LLLT
 1. Studies
 - a. Carati 2003
 - b. Dirican 2011
 - c. Kozanglu 2009
 - d. Maiya 2008
 - e. Omar 2011
 - f. Ridner 2013
 2. Gaps in the literature
 3. Clinical recommendations
 4. Reimbursement

Interactive Questions — slide 151 @ 110 minutes

- E. Case studies
 1. Case study #1

Questions for Reflection — slides 156 & 160 @ 112 & 115 minutes

2. Case study #2

Questions for Reflection — slide 169 @ 119 minutes

Interactive Questions — slide 173 @ 121 minutes

Notes