



THE LEBED METHOD

Instructor Certification Training Workshop

Three Day Instructor Certification Training Workshop Agenda

DAY 1		DAY 2		DAY 3	
8am-8:30am	Introduction <ul style="list-style-type: none"> Housekeeping Intro of each other, trainer and expectations Begin review of history Expectations 	8am-8:30am	Question/Answer Open LE	8am-8:30am	Question/Answer Open LE
8:30am-10am	Lymphedema <ul style="list-style-type: none"> What is it? Why is it so important? How do you recognize it? What do you do? Lymphedema exercises 	8:30am-9:15am	Review Lebed exercises Review what muscles are used and why we do them	8:30am-10am	Marketing
10am-10:15am	BREAK	9:15am-10am	Lesson Plans Good and Bad Music	10am-10:15am	BREAK
10:15am-12:45pm	Lymphedema exercises Review of Manual (Section 4) Review Lebed Exercises <ul style="list-style-type: none"> Why we do TLM exercise Which muscles are used How many repetitions Benefits Balance issues Weight distribution Why not vary exercises Progressive planning What not to do Lymphedema Exercises 	10:15am-12:15pm	Therabands/Poles Lesson Plans	10:15am-12:15pm	Marketing (Continued)
12:45pm-1:45pm	LUNCH	12:15pm-1:15pm	LUNCH	12:15pm-1:15pm	LUNCH (LE Therapists have private LE training during provided lunch)
1:45pm-2:45pm	Ball exercises and wall	1:15pm-3pm	Running a Class <ul style="list-style-type: none"> Registration, 1st day Release forms Liability issues Length of class/costs How often, when, times Number of participants Use of chairs Clothes to wear Water breaks Lengths of each section Adjusting program needs When to refer patients Role of CLM as Educator And more... 	1:15pm-4pm	LABS (with break)
2:45pm-3:45pm	Leg exercises Balance exercises	3:15pm-3:30pm	BREAK	4pm-5:30pm	Reconstruction Wrap Up Final housekeeping: Licensor/Licensee Agreement Evaluations What to expect next
3:45pm-4pm	BREAK	3:30pm-4pm	Review of exercises		
4pm-5:30pm	Review PR video, class video and homework	4pm-5pm	Sample Class		
		5pm-5:30pm	Explanation of homework assignments and examination		