

The Lymphedema Association  
of Québec

in collaboration with  
**McGill University Health Centre (MUHC)**  
**Lymphedema Program**

Are pleased to present:

**Complex Lymphatic Therapy (CLT)** is a method for treating lymphedema and other edemas developed by John and Judith Casley-Smith of Australia, pioneers in the field of lymphology. This course meets the standards set by the Lymphology Association of North America (LANA).

**The School:**  
LymphEd, LLC, A Casley-Smith US Affiliate,  
member of Casley Smith International (CSI)

**Course Language:** English and French

**The Instructor:**

Dr Shelley Smith DiCecco,  
PT, PHD, CLT-LANA, CI-CS



Dr Shelley Smith DiCecco, PT, PhD, CLT-LANA, CI-CS received her Bachelors in Special Education and a Pre-Physical Therapy certificate from Clemson University in 1997. She completed her Masters of Physical Therapy Degree from the University of Augustine in 2000.

Shelley became a Woman's Health Specialist for Pelvic Floor Disorders in 2000 and a Certified Lymphedema Therapist in 2001. Dr. DiCecco received her PhD from Texas Woman's University in the Philosophy of Physical Therapy in 2012. Dr. DiCecco completed her Lymphology Association of North America (LANA) Certification in 2013 and her training as a Casley-Smith International Certified Instructor in 2016. Dr. DiCecco founded LymphEd in 2017 to provide lymphedema courses to medical professionals. Dr. DiCecco is also Vice-President of Casley-Smith International, a full-time Assistant Professor at the Georgia's Campus for the Philadelphia College of Osteopathic Medicine in the Physical Therapy Department, and treats patients with lymphedema and/or pelvic floor disorders in Atlanta, GA. Dr. DiCecco assisted with or lead several education courses, conferences, and seminars, as well as presented at community events on lymphedema and pelvic floor disorders over the years, both nationally and internationally. She has published articles and written/edited chapters on lymphedema and pelvic floor disorders. Dr. DiCecco is a Board Member and lead grant writer for a non-profit organization, the Lighthouse Lymphedema Network.

**Course Location:**

Centre de congrès de Saint-Hyacinthe  
1325 Daniel-Johnson Street West,  
Saint-Hyacinthe, QC J2S 8S4

As space is limited, registrations will  
be accepted on a first-come, first-served basis.

# Complex Lymphatic Therapy The Casley-Smith Method

**Saturday, February 26<sup>th</sup>  
through Sunday, March 6<sup>th</sup> 2022**

An intensive 135-hour clinical certification course  
in lymphedema treatment for physiotherapists, physicians,  
nurses, occupational therapists, kinesiologists,  
physiotherapy technologists, occupational therapy  
technologists

**Course Objectives**

**Participants will be able to:**

- Discuss the normal anatomy and physiology of the lymphatic system
- Explain the pathophysiology of primary and secondary lymphedema and related lymph system disorders
- Distinguish between lymphedema and other peripheral edemas
- Discuss the pathophysiology of secondary acute infections in individuals with lymphedema or a limb at risk for lymphedema
- Describe the components of CLT and indications and contraindications for its clinical application in managing lymphatic system disorders
- Demonstrate competence in applying the components of Complex Lymphedema Therapy (CLT) evaluation and treatment
- Design an individual CLT treatment program for individuals with primary and secondary lymphedema
- Discuss the principles and techniques for measuring and fitting for compression garments
- Describe how exercise influences lymph flow
- Perform circumferential limb girth measurements and document skin and tissue changes to document progress
- Be able to advise individuals with lymphedema or a limb at risk about risk reduction strategies, including how to modify aerobic and resistive exercises.
- Understand the impact of lymphedema on quality of life.

**Pre-class home study**

**Home Study portion starts on January 15<sup>th</sup> 2022**

Each participant will receive the 45-hour home program at least 6 weeks prior to the 90-hour practical course upon payment in full. Home program examination is on the first day of on-site course. Dr. DiCecco will review the content with participants, and clarify any questions.

**For registration information, please contact:**

Marie-Claude Gagnon – (450) 230-2164 – [mcgagnon@infolympo.ca](mailto:mcgagnon@infolympo.ca)

