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New and Renewed CEUs

USA: Chiropractic Physicians in most states can now earn CEUs for CranioSacral Therapy I.

USA: The Upledger Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you are a member of ASHA and are interested in receiving CEUs for participating in this program, you must contact our CEU coordinator at least 30 days before



class begins for consideration. Please call 1-800-233-5880, ext. 1376.

California: Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.

Florida: Massage Therapists can earn CEUs for Positional Release Therapy.

Iowa: Massage Therapists can earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA & IB, Visceral Manipulation II, Lymph Drainage Therapy I, II & III and Mechanical Link I, II & III.

Louisiana: Massage Therapists can earn CEUs for the CranioSacral Therapy I textbook test.

Minnesota: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, Lymph Drainage Therapy I and Visceral Manipulation IA.

Oklahoma: Occupational Therapists can earn CEUs for a variety of CranioSacral Therapy textbook tests and the Lymph Drainage Therapy dissection-video test.

Oregon: Naturopathic Examiners/Doctors can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release® I & II, Lymph Drainage Therapy I, II & III, Visceral Manipulation IA, IB & II, and Mechanical Link I, II & III.

Mark Your Calendar for These Upcoming Speaking Engagements

**AMTA National Learning Center
Oklahoma City, OK – June 20, 2003**

- Roy Desjarlais, LMT, CST-D:
Introducing CranioSacral Therapy

**FSMTA 2003 Annual Convention & Trade Show
Orlando, FL – June 26, 2003**

- Bruno Chikly, MD, DO (hon.): Lymph Drainage Therapy: A Breakthrough in Lymph Drainage Techniques
- Dee Ahern, RPT: Introduction to Visceral Manipulation
- David Dolan, LMT: BioAquatic Exploration, Ocean Therapy
- Roy Desjarlais, LMT, CST-D: CranioSacral Therapy and Its Application to Massage Therapy
- Alaya Chikly, CMT: Heart Centered Therapy: Mastering Dialoguing Skills

**AMTA 2003 National Convention
Richmond, VA – Oct. 24, 2003**

- Bruno Chikly, MD, DO (hon.):
Lymphatic Mapping: Breakthrough Techniques in Lymph Drainage Therapy

**2003 FCA National Convention & Expo
Orlando, FL – October 16, 2003**

- Roy Desjarlais, LMT, CST-D:
CranioSacral Therapy and Its Application to Massage

Visit www.upledger.com for the most current schedule of speaking engagements.



Advanced I CranioSacral Therapy

Palm Beach, FL – Jan. 20-24, 2003

Back Row (l-r): Yvette Banas, PT, CFP; Kathy Thompson, LMT; Julia Thomas, LMT; Debbie Giquinto-Wahl, MS, PT, ATC; Chas Perry, PhD, CST-D (instructor); Kate Shumate, RN, MT; Sherie McGuffey, LMP, ICT, NBCT.
Front Row (l-r): Lauri Rowe, MA, CST (preceptor); Lisa Lutman, PT; Tamiko Lagerwaard, BSC; Cadace Atwood, NCTMB; Liz Pasquale, LMT, CST.

Milestones

Congratulations and Well Wishes...

- CEO John Matthew Upledger married Donna Stevens in a private ceremony on February 22, 2003. We wish them all the best.



- Longtime instructor Charles Gilliam, LMT, has come out of semi-retirement to teach for The Upledger Institute again. He has been recertified to teach CranioSacral Therapy I & II. Welcome back, Charles!
- Francine Hammond, LMT, CST-D, has been certified to teach several Clinical Application courses covering Cranio-Sacral Therapy, SomatoEmotional Release® and Advanced CranioSacral Therapy.
- Gail Wetzler, RPT, CVMI, has been certified to teach Equine CranioSacral Techniques I.
- Carol McLellan, CMT, has been certified to teach CranioSacral Therapy I.
- Stan Gerome, LMT, has been certified to teach Therapeutic Imagery and Dialogue I.
- Benjamin Katz, CMT, MFA, has been certified to teach Visceral Manipulation Dissection.
- Ken Koles, PhD, RAc, DSc, has been certified to teach Applying Acupuncture Principles to CranioSacral Therapy.
- Molly Clark, PT, LLCC, has been certified to teach Lymph Drainage Therapy II.
- Michelle Kempton, wife of UI Spain President Jose Luis Perez Batlle, gave birth to their third child, Sofia, on January 15, 2003.



New Certified CranioSacral Therapy Presenters

- Cloé Couturier, LMT/CO, CST
- Kim Keifrider, MPT, LMT, CST (at right)



- Jill Mabry LMT, CST
- Elizabeth Pasquale LMT, CST
- Nancy Westphal, LMT, CST-D

New Certified CranioSacral Therapy Teaching Assistants

- Phyllis Hjorth, CST, LMT
- Kim Keifrider, MPT, LMT, CST
- Bettina Neumann, RPT, CST

Now Certified in CranioSacral Therapy

Techniques Level:

- Dawn Anderson, NCTMB, CST
- Lorna Kerbel, PT, CST
- Katherine Lauchland-Farquhar, RMT, CST
- Nancy Lankston, RN, CMT, CST

- Gail Milstein, CHT, CST (top right)
- Dawn Tomaszewski, RN, CST
- Paulette Walker, CST
- Eileen Yocheved Hande, LMT, CST (right)



Legislative Awareness Day

CranioSacral Therapists from across Florida treated state legislators to free CranioSacral Therapy sessions in honor of Legislative Awareness Day on April 9, 2003. Back row (l-r): Ken DiPersio, LMT; Kathryn Thompson, LMT; Leslie Ockunzzi, UI Sponsor Program Coordinator; Rick Ferrall, LMT; David Dolan, LMT;



Gov. Jeb Bush; Roy Desjarlais, LMT, CST-D: John Matthew Upledger, UI CEO; Barb Richmond, UI Dir. Community Relations; Gagy Wormwood-Ball, LMT; Vera Orlock, LMT. Front row (l-r): Linda Woerner, LMT; Marian Sisco, PT, CST; Jill K. Mabry, LMT, CST; Dan Putnam, LMT; Yvonne Joy Stryrcula, LMT; Myra A. Hart, LMT; Bunny Ferrall, OTR; Liliana Cunningham; Lynda Solien-Wolfe, LMT.

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The Upledger Foundation

Website: www.upledger.com • E-mail: foundation@upledger.com

A Hand Saves A Leg

by Renée Romero, RN, MS, CLT-LANA

Ah, the magic of the hand! How our society underestimates the power we have in our hands and fingertips. When a practitioner is properly trained and the techniques effectively applied, Lymph Drainage Therapy can save a limb, improve a life and change a lifetime.

The following case illustrates how lymphatic drainage can make a profound difference in an individual's quality of life.

Patient History

Ellen*, now 26 years old, has had primary lymphedema of the right leg since the age of 11. As she matured, her leg progressively increased in size because of repeated bouts of cellulitis. In 2001 and 2002 she was having cellulitis every other month and was becoming progressively more incapacitated, until she could no longer attend college and could not walk long distances.

A lymphoscintigraphy demonstrated blockages in the area of the popliteal and pelvic lymph nodes. There were very scant vessels through the right leg and dilated lymph vessels. The valves were incompetent, resulting in backflow of the lymphatic fluid.

Physical Appearance

Ellen's right leg was very edematous, with the majority of the edema between the knee and the foot. The skin was taut with the pores distended and lymph fluid leaking. The calf was hard and fibrotic and extended out so far that it looked like a shelf. There were multiple folds over the foot that hung to the floor so that the ankle was not evident.



Primary lymphedema of the right leg

Therapeutic Approach

Initially, 30 Lymph Drainage Therapy sessions were scheduled. After further evaluation and palpation of the tissues, it became evident that more treatments were needed. For three weeks therapy was conducted every day, then reduced to three times a week. After 55 treatments, therapy was scheduled two times a week with emphasis on self-massage, self-bandaging, skin care, home care and prevention of infections. A total of 60 treatments was given.

Bandaging Sequence

The skin was treated with Aquaphor to reduce the risk of infection under the bandages. All the folds were padded with Artiflex. A stockinette was placed on the leg. A chip mat was used around the ring of the ankle



Application of Aquaphor



Rosidal Soft padding



Crescent to lift fold



Softening folds



"Chocolate Bar" to soften fibrosis

and a "Chocolate Bar" behind the calf to begin to soften the fibrotic tissues. Multiple layers of Rosidal Soft were used for added compression. Ellen stood as the rest of the bandages were applied.

As the folds on the bottom softened and emptied, the problem became lifting the folds so they didn't touch the floor. We used the Solaris Crescent that we covered with Artiflex to prevent the edges from cutting into the tender skin. The lower fold was then wrapped using 6-inch gauze to hold the crescent in place and to provide shape to the softening tissues.

It became easier to bandage Ellen on her stomach, as the folds fell backward and were easier to wrap. The stockinette was put on and more foam padding was used to contain the folds. The foam was held in place by a piece of Comperm G from the foot to below the knee, and then the leg was wrapped with Rosidal Soft.

A 10cm x 10m short-stretch bandage for the ankle was started at an angle to provide



AC tape



AC tape



10cm x 10cm short-stretch bandage



Short-stretch bandage was used from the ankle to below the knee

suspension for the softening folds. To keep the folds from pulling the bandage down, AC tape was used on top of the bandage to pull up. This proved very helpful in allowing Ellen to put on her shoe. Otherwise, the bandage would come too low and drape to the floor.



More Rosidal Soft.

Another 10cm x 10m bandage was added, then Ellen stood up. The area behind her knee was very well padded. A 12cm x 10m short-stretch bandage was used from the ankle to below the knee, two additional 10 x 10s were used, and then we were finished. The bandages remained in place without slippage until the next treatment. Ellen was able to walk and, as the limb reduced, also ride a stationary bicycle.

Ellen's leg, as well as her weight, reduced exceptionally well. In a few more months, the skin folds will hopefully reabsorb and her leg will continue to reduce. Ellen has left for her country again, excited that she can now return to college — and spreading the word about how Lymph Drainage Therapy saved her leg and changed her life.

Measurements		
	Before	After
Foot	27cm	25.3cm
Ankle	Not visible	27.8cm
Fold over ankle	75cm	35cm
Mid calf	98cm	52cm
Below knee	92.5cm	54.6cm
Knee	61cm	50.2cm
Mid thigh	72cm	68cm
Thigh	80cm	78cm

*Name changed to protect confidentiality.

Renée Romero is the director of LDT's Lymphedema/CDP Certification Program through The Upledger Institute. With an extensive background in nursing and massage therapy, she also directs the Lymphedema Institute of America, Inc., based in Miami, Fla.

The Upledger Institute offers two levels of Lymphedema/CDP Certification. To learn more, call Educational Services toll-free: 1-800-233-5880. Ask for priority code N0603.

You're also welcome to e-mail upledger@upledger.com, or visit us on the Internet at www.upledger.com.

Now Certified in Lymph Drainage Therapy Lymphedema/CDP Certification, Level 1 (LLCC)

- Jan Barron, LMBT, NCTMB, LLCC
- Holly Berkansmith, COTA, LLCC
- Sheila Farrell, PT, LLCC
- Arlene Frederick, RN, EdD, LLCC
- Wendy Good, PT, LLCC
- Katja Jones, LMT, LLCC
- Natasha Jones, PT, LLCC
- Lissa Joy, LMT, CMT, LLCC
- Lorna Kerbel, PT, CST, LLCC
- Pam Laborde, LMT, LLCC
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- Francoise Turotte, CMT, LLCC
- Patty Underwood, OTR/L, LLCC
- Jane Vogel, LMT, LLCC
- Laurie Wilson, OTR, CHT, LLCC



Before therapy



After therapy



After 50 treatments, folds empty

Books and Products to Support Your Healthcare Practice



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by Suzanne Scurlock-Durana, CST-D

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The Power of Now CD Series
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analytical mind and its false self, the ego, behind. The program takes you into a higher altitude in which one breathes a lighter air: the air of the spiritual. The author offers simple language and a question-and-answer format. (510 min. total) \$39.95 + s&h



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by Leonard J. Schmidt, MD, and Brooke Warner
From the history of panic to a spectrum of treatments from pharmaceutical to homeopathic, this book resonates with both wisdom and practical knowledge. The contributors represent various backgrounds and areas of expertise. They share personal experiences, offer perspectives on the occurrence of panic in culture and everyday life, and give advice on methods of treatment. (Softcover) \$19.95 + s&h

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Advanced I CranioSacral Therapy

Palm Beach, Fla. — Dec. 9-13, 2002



Back row (l-r): Roy Desjarlais, LMT, CST-D (instructor); Liliana Cunningham (preceptor); Patrick Speer, CMT (preceptor); Sally Washabaugh, LMT; Celeste Varas de Valdes, CMT, CST (preceptor); Pamela Byard, PhD; Lisa Klein Grondahl, OTR; and Mary Ellen Simon, LMT. Front row (l-r): Tony Willcox; Joanna Haymore, OTR/L, CMT; Joyce Christianson, PTA; Robyn Walpert, PT; Laurie Drogue, LMT, CST; Wanda Warren de Magrini, AP, PT, MHS; Vera Orlock, LMT.

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Conjoined Twins Prepare to Part Ways

On Monday, April 28, doctors in Texas began the tedious process of separating conjoined Egyptian twins Ahmed and Mohamed Ibrahim by surgically placing tissue expanders in their heads and thighs. This part of the procedure will help generate more of the crucial tissue doctors hope will soon be used to cover the boys' delicate brains after separation.

The surgery was spurred on by a successful effort to raise more than \$125,000 to cover some of the boys' hospital expenses. Approximately \$10,000 of that was raised through efforts of The Upledger Foundation in Palm Beach Gardens, which hosted the twins in an intensive therapy program in the fall. The then 22-month-old boys received CranioSacral Therapy (CST) from UI founder Dr. John E. Upledger, who has since visited the twins in Dallas. Their surgical team has widely credited CST for helping the twins develop more physical independence.

"These two, when they came, were flat on their backs," said Sally Fryer, PT, CST, who has worked extensively with the boys, combining CST with physical therapy, occupational therapy and developmental therapy. "Now they're able to scoot around and crawl and go anywhere they want to. CranioSacral Therapy has played a very key part in maximizing that potential and getting them as far as they have gotten."

Now that expanders are in place, the separa-



The twins began interacting more and more after receiving intensive "multi-hands" CranioSacral Therapy at The Upledger Institute.

tion could be three or four months away, according to Sue Blackwood, executive director of the World Craniofacial Foundation, which brought the twins from their home in Egypt. "They've been here a year and they will be here for at least a year after surgery," Blackwood said of the boys, whose parents live in a remote village outside of Cairo.

The boys' father, who flew to Dallas to approve the surgery, was asked if he understood the ramifications of such a delicate, dangerous procedure. He replied through an interpreter that he did, but he still wanted the boys to be separated. Otherwise, he said, their hearts would die because they would not have a life.

For periodic updates on this unusual case, please see www.upledger.com.

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