**Lymphatic Drainage and Vascular Release for the Pelvic PT**

**Part 1: Online Lecture**: Will be emailed after registration and must be viewed prior to the course.

**Part 2: In person Lab Course**

8:30-8:45 Introductions

8:45-9:30 Positional Release: Demo, Lab

9:30-10:00 Vascular Release: Aorta & External Iliacs: Demo, Lab

10:00-10:30 Vascular Techniques: Demo, Lab

10:30-10:45 Break

10:45-11:30 Vascular Release: Internal iliacs & Uterine Vessels: Demo, Lab

11:30-12:30 Vascular Release: Renal, Ovarian/Testicular, Small Bowel

12:30-1:30 Lunch

1:30-2:00 Demo/Lab: basic lymph drainage techniques, Depth of treatment,

Palpation & drainage of different levels of tissues, nodes, deep vessels

2:00-2:30 Drainage of the Liver: Demo, Lab

2:45-3:00 Drainage of the uterus, vulva & bladder, testicles, scrotum: Demo, Lab

3:00-3:15 Break

3:15-4:30 Internal Lab: Putting it all together

4:30-4:45 Congestion in the lymphatic system

4:45-5:00 Questions