

3M™ Coban™ 2 for Lymphoedema Basic Workshops 2019

These workshops are designed for health professionals that are new to Coban 2. They must be completed prior to attending an Advanced / refresher workshop. You can elect to do a full day workshop or just the AM or PM session.

Upper Body (AM Session)

08.00	Welcome and introductions - Overview of 3M™ Coban™ 2 Layer Compression Systems
08:15	Demonstration – Arm, Hand, web spacer and Finger application
08.35	Practical – Arm, Hand and Finger application
09:35	Break
09:50	Assessment - Arm, Hand and Finger application
10:50	Demonstration – Shoulder Spica
11:05	Demonstration – Breast application
11:20	Practical – Breast application
11:50	Half day delegates – How to buy, session close.
12:00	Lunch

Lower Body (PM Session)

12:30	Half-day delegates: Welcome and introductions - Overview of 3M™ Coban™ 2 Layer Compression Systems
12:45	Full day delegates join session Demonstration – Below Knee application and Toe Boot technique
13:05	Practical – Below Knee application and Toe Boot technique
13:35	Demonstration – Thigh bandage application
13:45	Practical – Thigh Bandage application
14:15	Assessment: Full Leg application with Toe Boot
15:00	Break
15:15	Demonstration - Toe bandaging
15:25	Practical - Toe bandaging
15:50	How to buy, cost economics, post-course support, tips and questions
16:00	Close