

## 3M™ Coban™ 2 for Lymphoedema Advanced Refresher Workshop 2019

These workshops are designed for health professionals that have already completed a Basic Coban 2 workshop. They will assist you to consolidate your basic techniques as well as give you an opportunity to develop advanced techniques.

You can elect to do a full day workshop or just the AM or PM session. Note Scrotum and penis application are for Lymphoedema Therapists only, extra toe boot practice would be available as a substitute during this time.

### 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	<b>Break</b>
09:50	Demonstration – Advanced Arm/Shoulder Spica
10:05	Practical – Advanced Arm/Shoulder Spica
11:05	Demonstration – Breast application
11:20	Practical – Breast application
11:50	Half-delegates – How to buy, session close.
12:00	<b>Lunch</b>

### Lower Body (PM Session)

12:30	Half-day delegates: Welcome and introductions - Overview of 3M™ Coban™ 2 Layer Compression Systems
12:45	Demonstration – Below Knee application and Toe Boot technique
13:05	Practical – Full Leg application
13:40	Demonstration – Large Leg with Lobules and Basic Hip Spica
14:00	Practical - Large Leg with Lobules and Basic Hip Spica
15:00	<b>Break</b>
15:15	Demonstration - Scrotum and Penis
15:25	Practical - Scrotum and Penis
15:50	How to buy, cost economics, post-course support, tips and questions
16:00	<b>Close</b>