



# HealthySteps™ Instructor Certification

2010

Moving you to better health with the **Lebed Method**

## THREE DAY INSTRUCTOR CERTIFICATION TRAINING WORKSHOP AGENDA PLEASE NOTE CHANGED TIMES FOR THIS TRAINING

DAY 1		DAY 2		DAY 3	
Venue open at 9:30am-10am	<b>Introduction</b> <ul style="list-style-type: none"> <li>Housekeeping</li> <li>Intro of each other, trainer and expectations</li> <li>Begin review of history</li> <li>Expectations</li> </ul>	Venue open at 8:30 9am-9:30am	<b>Question/Answer</b> Open LE	Venue open at 8:30 9am-9:30am	<b>Question/Answer</b> Open LE
10am-11am	<b>Lymphoedema</b> <ul style="list-style-type: none"> <li>What is it?</li> <li>Why is it so important?</li> <li>How do you recognize it?</li> <li>What do you do?</li> <li>Lymphoedema exercises</li> </ul>	9:30am-10:30am	Review Lebed exercises Review what muscles are used and why we do them	9:30am-11am	Marketing
11am-11:15am	<b>BREAK</b>	11am-11:15am	<b>BREAK</b>	11am-11:15am	<b>BREAK</b>
11:15am-1pm	<b>Lymphoedema exercises</b> Review of Manual (Section 4) Review Lebed Exercises <ul style="list-style-type: none"> <li>Why we do TLM exercise</li> <li>Which muscles are used</li> <li>How many repetitions</li> <li>Benefits</li> <li>Balance issues</li> <li>Weight distribution</li> <li>Why not vary exercises</li> <li>Progressive planning</li> <li>What not to do</li> <li>Lymphoedema Exercises</li> </ul>	11:15am-1pm	Resist-a-band/Poles/discussion Lesson Plans	11:15am-1pm	Marketing (Continued)
1pm-2pm	<b>LUNCH</b>	1pm-2pm	<b>LUNCH</b>	1pm-2pm	<b>LUNCH</b>  (LE Therapists have private LE training during provided lunch)
2pm-3pm	Ball exercises and wall	2pm-3:45pm	<b>Running a Class</b> <ul style="list-style-type: none"> <li>Registration, 1<sup>st</sup> day</li> <li>Release forms</li> <li>Liability issues</li> <li>Length of class/costs</li> <li>How often, when, times</li> <li>Number of participants</li> <li>Use of chairs</li> <li>Clothes to wear</li> <li>Water breaks</li> <li>Lengths of each section</li> <li>Adjusting programme needs</li> <li>When to refer patients</li> <li>Role of CLM as Educator</li> </ul>	2pm-5:30pm	<b>LABS (with break)</b>  Reconstruction Wrap Up Final housekeeping: Licensor/Licensee Agreement Evaluations What to expect next
3pm-3:45pm	Leg exercises Balance exercises	3:45pm-4pm	<b>BREAK</b>	5:30pm-6pm	
3:45pm-4pm	<b>BREAK</b>	4pm-5pm	Review of exercises		
4pm-6pm	Review PR video, class video and homework	5pm-6pm	Sample Class		