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# PRESS RELEASE

## **Blocki Earns Highest Level Certification**



**January 5, 2012** – Sonnie (Ryba) Blocki, PT, MS, and Certified Lymphedema Therapist of United Physical Therapy, LLC, in Peru, Illinois, attended a three-day continuing education training in Estes Park, CO. The conference was hosted by Klose Training and Consulting, LLC.

Dr. Ethel Foeldi, world-renowned physician, lymphology specialist, and co-founder of the Foeldi Clinic in Hinterzarten, Germany, was the keynote speaker. Dr. Foeldi presented “Inflammatory and Other Skin Changes in Chronic Lymphedema: Etiology and Treatment.”

Other speakers and topics included: Dr. Gayle Gamble, formerly of the Mayo Clinic and currently practicing at the Rehabilitation Institute of Chicago, presented “Differential Diagnosis in Patients with Lymphedema”; researcher Jane Armer, RN, PhD, FAAN, CLT, presented “Findings from 60-month Study of Breast Cancer Survivorship: Results and Implications for Therapists”; Dr. Nancy Hutchinson, Medical Director for Cancer Rehab and Lymphedema, Sister Kenny Rehab Institute, Minneapolis, presented “Gynecological Cancer and Lymphedema”; and Kathryn Schmitz, PhD, University of Pennsylvania, author of a highly referenced revolutionizing study presented “Beyond the PAL Trial: Making Resistance Exercise Training Standard of Care for Breast Cancer Rehabilitation.”

**FOR IMMEDIATE RELEASE**

The conference brought together lymphedema therapists, physicians, researchers, and world-renowned experts to share research, experiences, and resources in order to advance the treatment of lymphedema and improve the quality of life of cancer survivors.

Lymphedema is a condition that is most associated with the swelling of a limb following breast cancer. However, it can also occur due to a condition from birth, cancer treatment, or other injury. It is estimated there are currently 5 million people in the U.S. who suffer with lymphedema, and they often go undiagnosed, untreated and mistreated. As a LANA-certified therapist, Blocki consults with physicians in the diagnosis and treatment of lymphedema.

Blocki offers a free e-newsletter about lymphedema through her website at [www.UnitedPhysicalTherapy.com](http://www.UnitedPhysicalTherapy.com).

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