

Aqua Lymphatic Therapy in the management of Lymphedema and lipedema

Water is good for lymphedema and moving through water is even better. This lecture will discuss the following principles of water and the ways we can use them to help reduce swelling: 1) the buoyancy force as an assistive to movement, but also as a resistive force; 2) the hydrostatic pressure which pushes fluid through our vessels and spaces of the body; 3) viscosity that will stroke us but also resist to movement and 4) temperature - is it really important? These principles, combined in a sequence of exercises of Aqua Lymphatic Therapy, will discuss the treatment of patients with lymphedema and lipedema.

The meaning of success in lymphedema management: a qualitative and a quantitative perspective

This workshop will discuss the meaningfulness of the outcomes of lymphedema management (volume, quality of life, function, strength, infection and more) through distribution-based and anchor-based methods. What is considered to be a success for the health system? for the therapist? for the patients? A qualitative research which examined the meaning of success will present the thoughts, feelings and values of people who have lymphedema, and what is the meaning of success for them in the intensive phase of therapy and in the long-term management phase. Finally, the recommended way is to validate the distribution-based with the anchor-based methods.

Lymphedema in heart failure patients

Most patients with lymphedema who have co-morbidities are excluded from randomized control studies as it is difficult to determine causation between intervention and outcome if co-morbidities may influence the results. Any hemodynamic instabilities such as in renal failure and heart failure, pulmonary hypertension may cause limb edema or exacerbate an existing lymphedema. Furthermore, these patients are prescribed with medications which may cause or exacerbate edema. We will discuss an algorithm which can help a lymphedema

physiotherapist in decide who, how and when to treat and whom to refer back to the physician for further investigation and discussion.

Lymphedema, a Significant Health Problem in Israel - a community-based study

The lecture will discuss the service for lymphatic disorders within the physical therapy clinics all over Israel in Maccabi Healthcare Services. Data on 6013 episodes was analyzed and the findings will be presented on prevalence, frequencies of co-morbidities, diagnoses, demographics, areas of treatment in the body, different classifications, chronic medication use, function, pain and the treatment techniques for these patients. The lecture will present trends of these variables over an 8 years period from 2010-2017. Points to consider regarding education, implementation and research will be discussed.