

CONSERVATIVE LYMPHEDEMA TREATMENT COURSE: FROM THEORY TO HANDS-ON PRACTICE

COORDINATORS: Etelka Foeldi, Evangelos Dimakakos

MONDAY 20 SEPTEMBER 2021

08:30-11:00 **Genetics - Anatomy - Physiology - Pathophysiology of Lymphatic System**

Chairs: TBA

Introduction: **E. Dimakakos**

- Lymphovascular Genetics and Lymphedema: From zero to genomewide **Marlys Witte**
- Genetic diagnosis in primary lymphedema **Miikka Vikkula**
- Combined Palma-Olszewski Op. on PROS or PIK3CA Syndromes in pediatrics **Cristobal Papendieck**
- Lymphedema treatment: A general outline of its anatomical basis **Miguel Amore**
- The role of lymphovenous valves in congenital lymphedema **Sathish Srinivasan**
- Physiological principles and practice of therapeutic limb compression in lymphedema **Marzanna Zaleska**
- Lower limb oedema: Diagnostic and therapeutical approach **Sando Michelini**
- Pathophysiology of primary lymphedema **Greene Arin**
- Discussion

11:00-11:30 Break

11:30-14:00 **Diagnosis/Classification of Lymphedema - Pediatric Lymphedema - Imaging of Lymphedema**

Chairs: TBA

- Classification of lymphedema according ISL guidelines **Michael Bernas**
- Etiology of primary lymphedema **Marina Cestari**
- Risk factors associated with secondary lymphedema **Sandi Hayes**
- Diagnosis of primary lymphedema **Mauro Andrade**
- Diagnosis of secondary lymphedema **Isabelle Ouere**
- Primary-genetic lymphedema **Pia Ostergaard**
- Interest of lymphofluoroscopy in the understanding and strategies of the physical treatment of lymphedema **Jean-Paul Belgrado**
- Role of lymphoscintigraphy in the management of lymphedema **Pierre Bourgeois**
- MR lymphangiography in diagnosis of peripheral lymphatic dysplasia **Ningfei Liu**
- Discussion

TUESDAY 21 SEPTEMBER 2021

08:30-11:00 **Differentiation Diagnosis - Infections Treatment - Conservative Treatment of Lymphedema**

Chairs: TBA

- Differentiation diagnosis **Amer Hamade**
- Obesity related lymphedema **Tobias Bertsch**
- Treatment of ulcers of lymphedema **Christine Moffatt**
- Lymphatic ulcers: Classification, treatment and pitfalls **Maccio Alberto**
- Infection of lymphedema **Moriya Ohkuma**
- Lymphangitis: early diagnosis and treatment **Maccio Alberto**
- The role of skin care in lymphedema treatment **Michael Detmar**
- TBA **Eikichi Okada**
- The effects of a screening and early detection program in melanoma related lymphedema following surgery **Saskia Thiadens**
- Exercises in water in patients with lymphedema **Katerina Kasouli**

11:00-11:30 Break

11:30-14:00 **Surgical treatment of Lymphedema - Principles / Indications / Contraindications of Manual Lymph Drainage (MLD)**

Chairs: TBA

- Surgical treatment of lymphedema **Francesco Boccardo**
- Surgical prevention **Sara Dessalvi**
- Prevention and early treatment of breast cancer related lymphedema **Karin Johansson**
- Preventive attitude of apparition of secondary lymphedema on upper and lower limb **Alexander Pissas**
- Kinds of conservative treatment **Neil Piller**
- Indications of MLD **Olivier Leduc**
- Contraindications of MLD **Kyriaki Krousaniotaki**
- Principles of complete decongestive therapy (CDT) **Etelka Földi**
- Genital lymphedema MLD **Pinar Borman**

WEDNESDAY 22 SEPTEMBER

08:30-11:00 **Manual Lymph Drainage (MLD)**

Chairs: TBA

- MLD Techniques **Steve Norton**
- Theory and Hands-On Practice in upper extremity **Kyriaki Krousaniotaki**

11:00-11:30 Break

11:30-15:00 **Manual Lymph Drainage (MLD)**

Chairs: TBA

Theory and Hands-On Practice in lower extremity **Kyriaki Krousaniotaki**

THURSDAY 23 SEPTEMBER

08:30-11:30 **NORTON SCHOOL Workshop**

Chairs: TBA

11:30-12:00 Break

12:00-14:00 **Bandage for upper & lower extremity - Theory and Hands-On Practice**

Chairs: TBA

- Compression therapy in lymphedema: indications, contraindications and adverse effects
Andrzej Szuba
- Bandage for upper & lower extremity - Tips & tricks **Kyriaki Krousaniotaki**

14:00-17:00 **INDUSTRY HANDS-ON SESSIONS**

FRIDAY 24 SEPTEMBER

08:30-10:00 **Theory and Hands-On Practice [I]**

Principles of elastic garments - Elastic garments for upper and lower extremity - Tips & tricks
Chairs: TBA

- Indications of elastic garments **Forner-Cordero Isabel**
- Principles of elastic garments **Etelka Földi**
- Lymphedema of male genitals: Materials and techniques in elastic compression **Gianni Moneta**
- TBA **Kenzo Kase**

10:00-13:00 **INDUSTRY HANDS-ON SESSIONS**

Principles of elastic garments - Elastic garments for upper and lower extremity - Tips & tricks
Chairs: TBA

13:00-13:30 **Conservative Lymphedema Treatment Course: Conclusions - Q & A**

Chairs: **Evangelos Dimakakos, Marlys Witte, Andrzej Szuba, Etelka Foeldi, Francesco Boccardo, Christine Moffat**