Advanced Lymphatic Therapy

A Two-Day Advanced Clinical Seminar

Dates: February 5–6, 2026
Time: 8:30 AM – 4:30 PM
Location: Hampton Inn, Arbor Drive, Christiansburg, VA
Presenter: Carmen Recupero

Course Description

This two-day advanced seminar equips therapists with the **latest, evidence-based, and practice-driven techniques** for mastering complex lymphatic pathologies and comorbid conditions. The hands-on techniques presented in the lab sessions will include a series of specialized, unique, integrated techniques that address the musculoskeletal, nervous, and vascular systems and their integration with the lymphatic system.

Therapists with prior lymphedema experience will benefit from applying these advanced clinical treatment techniques, adding expertise to their treatment protocols and optimizing lymphatic system function. Outcomes include more sustainable patient progress and cost-effective compression bandaging and garment solutions. Strategies for developing and expanding a therapist's current lymphedema management program will also be discussed.

Topics Include:

Lipedema and Current Clinical Trends

This advanced update includes new evidence and clinical techniques for recognizing and treating Lipedema. Topics include differential diagnosis from obesity and lymphedema, conservative management through manual lymphatic drainage (MLD), compression

strategies, exercise, and anti-inflammatory nutrition. New 2024–2025 research emphasizes fibrotic tissue modulation, hormonal and microangiopathic influences, pain management, and post-liposuction rehabilitation protocols.

Pelvic Floor and Lymphedema-Guest Speaker Dr. Elizabeth Volpe

Modalities Exploration

We will discuss today's most progressive adjunctive modalities in lymphatic therapy — including low-level laser, ultrasound, pneumatic compression, neuromuscular stimulation, and smart dynamic compression garments — demonstrating how these evidence-based tools enhance fluid mobilization, reduce fibrosis, and accelerate patient outcomes when integrated with classical CDT and MLD techniques.

•Advanced management strategies for genital and head and neck lymphedema-guest speaker!

• Kinesio-taping for lymphedema and scar management

• Current theories in surgical intervention

• Cost-effective strategies for compression bandaging and garment fitting

• Multi-disciplinary marketing and clinical approaches for lymphedema management in acute care, outpatient, private, and home health settings

• Psychosocial aspects of lymphedema

• Pain management and palliative care

• Wound care and lymphedema-newest guidelines

• Round robin case studies with peer input for challenging cases

• Review of the new NLN practice act and how LANA supports YOU!

Other discussions:

• ICG imaging and lymphatic mapping advancements
• Neuro-lymphatic modulation and autonomic balance strategies
• Post-surgical lymphatic restoration protocols
• AI-based garment fitting and compression monitoring
• Cross-disciplinary collaboration in oncology and metabolic disorders