

Resources

- LE&RN:

<http://lymphaticnetwork.org/living-with-lymphedema/find-a-lymphedema-therapist/>

- StepupSpeakout.org

http://www.stepup-speakout.org/Finding_a_Qualified_Lymphedema_Therapist.htm

- LANA

<http://www.clt-lana.org/>

Resources

- Northwest Lymphedema Center: Overview of self-care:
http://www.nwlymphedemacenter.org/?page_id=321
- LE&RN:
<http://lymphaticnetwork.org/living-with-lymphedema/lymphedema/>
<http://lymphaticnetwork.org/living-with-lymphedema/ask-the-experts/>
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- Guenter Klose overview of therapy and lymphedema:
<http://klosetraining.com/klose-videos/>

Follow Up Care

- Lymphedema is chronic
- NLN: Importance of a 50,000 Mile Check Up

<https://www.lymphnet.org/resources/the-importance-of-a-50-000-mile-check-up>

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How to Find a Qualified Therapist

- Check training & references, and ask about experience
- Review treatment plan: bring NLN guidelines and StepupSpeakout resource
- Raise concerns, realize that “mileage will vary” —
- Get physician supervision and communication

<https://www.lymphnet.org/resources/nln-position-paper-the-diagnosis-and-treatment-of-lymphedema>

<http://www.stepup-speakout.org/essential%20informat%20for%20healthcare%20providers.htm>