



Finding a Certified Lymphedema Therapist and Ensuring Quality Care

Lymphedema can be a difficult condition to manage without proper care and support. If you're looking for a Certified Lymphedema Therapist (CLT) in your area, Lin is ready to assist. Please email your requests to lincolemanclt@gmail.com if you're having any challenges.

You can also find a CLT through the following resources:

1. **Lymphology Association of North America (LANA)**
 - Website: www.clt-lana.org
 - LANA Training Program <https://www.clt-lana.org/training-programs>
2. **National Lymphedema Network (NLN)**
 - Contact: 1-800-541-3259
 - Website: www.lymphnet.org
3. **Lymphatic Education & Research Network**
 - Website: lymphaticnetwork.org
 - Article: [Living with Lymphedema and Lymphatic Disease](#)

These resources primarily cater to individuals in the US and Canada.

Evaluating a Prospective Certified Lymphedema Therapist

The following questions have been designed to guide your evaluation process based on the experiences of patients who've had challenges with their lymphedema therapists.

You can ask these questions before visiting a clinic to ensure the suitability and competence of your prospective therapist.

Here are some questions to consider:

1. Where did you take your lymphedema training? (Check the list of recommended training programs below)
2. Did you do an online course? Did you receive any hands-on training?
3. What is your professional background? (E.g., MD, PT-physical therapist, RN-nurse, OT occupational therapist, Massage Therapist)
4. How many hours of training have you completed? (A minimum of 135 hours is recommended)
5. How do you perform your Manual Lymph Drainage (MLD)? Is it a light or a deeper technique?
6. What modalities do you use in your Lymphedema Program?
7. How long is each treatment session? (It should be 50-60 minutes or more)
8. What is your area of specialty?
9. Can you provide a brochure about your program or a website for review?



Observations During and After Treatment

During and after your treatment, you should be aware of certain aspects:

1. MLD should not be painful during or after the treatment. If you experience deep and painful treatment, ask the therapist to stop.
2. The Myofascial Release (MFR) for Axillary Webbing or scar tissue can cause a stinging pain during release. It is normal, but a burning sensation indicates nerve stretching and should be stopped.
3. Overnight compression bandages may feel uncomfortable and sometimes hot, but any pain, blueness in fingers or toes, or bandages digging into your elbow, wrist, or ankles signify they're too tight.

For further queries, join the complimentary Monday MLD Zoom session to ask Lin, go to www.lymphcoach.org to sign up, or email Lin at lincolemanclt@gmail.com.

Recognized Lymphedema Training Programs

Here are some Lymphedema Training Programs that provide safe standard protocols:

- Academy of Lymphatic Studies (LANA Sponsor)
- Brennan School of Innovative Lymphatic Studies
- Dr. Vodder International School (LANA Sponsor)
- ILWTI
- Klose Training
- LymphEd, LLC (LANA Sponsor)
- Monarch Continuing Education
- Norton School of Lymphatic Therapy
- Toronto Lymphocare Training
- University of Wisconsin

Please note, this list isn't exhaustive, and not all courses within these programs meet the LANA eligibility requirements.

Eligibility Requirements

Candidates trained on or after January 1, 2022, must meet specific eligibility requirements. For those trained prior to this date, the old eligibility criteria apply. Please refer to the Candidate Information Booklet (CIB) for complete details.