

**Useful articles and links from A Paradigm Shift: How COVID-19 has Caused Us to Rethink
Lymphedema Care Webinar on June 2, 2020**

Establishment of a multidisciplinary clinic in the academic setting

Schaverien, Mark V. MD, MBChB, MSc, MEd, FRCS(Plast); Baumann, Donald P. MD, FACS; Selber, Jesse C. MD, MPH, FACS; Chang, Edward I. MD, FACS; Hanasono, Matthew M. MD, FACS; Chu, Carrie MD, FACS; Hanson, Summer E. MD, PhD, FACS; Butler, Charles E. MD, FACS Building a Multidisciplinary Comprehensive Academic Lymphedema Program, Plastic and Reconstructive Surgery - Global Open: March 2020 - Volume 8 - Issue 3 - p e2670 doi: 10.1097/GOX.0000000000002670

Orthopaedic Physical Therapy Practice (OPTP) Volume 32 Number 2

Effects of Manual Lymphatic Drainage Techniques on Conditions Affects the Musculoskeletal System: A Systematic Review

David Doublestein, Sandy Sublett, Min Huang

Reductions in the first few days of therapy

Leduc, O., Leduc, A., Bourgeois, P. & Belgrado, J. (1998). The physical treatment of upper limb edema. *Cancer*, 83(S12B), 2835-2839

Yamamoto, T., Todo, Y., Kaneuchi, M. Watanabe, K. & Yamamoto, R. (2008). Study of edema reduction pattern during the treatment phase of complex decongestive physiotherapy for extremity lymphedema. *Lymphology*. Jun;41(2):80-6

Classic article of early intervention (garments vs. multi-layer bandaging)

Stout, N. et al. (2008). Preoperative Assessment Enables the Early Diagnosis and Successful Treatment of Lymphedema. *American Cancer Society*, Volume 112(12)

Treat chronic disease to improve adherence to treatment protocol

Palmer, S. C. (2006). Barriers and facilitators to successful lymphedema therapy: the role of adherence. *NLN LymphLink*, 18(4).

LE&RN about ICG from the Australian group at Macquarie University

<https://lymphaticnetwork.org/news-events/mapping-lymphatics-monitoring-progression-lymphedema>

Mathias Jakobsen website for the Clarity Cards

<http://www.thnkclrly.com/>

Link to website for Plastic Surgery recover Guide from Kathleen Lisson

<https://www.amazon.com/Plastic-Surgery-Recovery-Handbook>