

Compression 101 – Bonnie B. Lasinski, MA, PT, CI-CS, CLT-LANA

The “gold standard” of non-invasive treatment for lymphedema and related lymph vascular disorders is Complete Decongestive Therapy (CDT), also known as Decongestive Lymphatic Therapy (DLT). Compression of the affected limb(s) areas is an essential part of the initial intensive phase of treatment. This talk will focus on the science of compression, how it works, and why it is critical to achieve edema reduction, tissue softening, and to maintain those improvements in the maintenance phase of management. Multilayer short-stretch compression bandaging, elastic compression garments, compression classes, and inelastic compression devices will be discussed. Strategies for choosing compression garments and problem solving common compression issues will be discussed with case examples.

Course Objectives: Participants will be able to

- discuss the principles of compression in managing lymphedema and other lymphatic system disorders.
- understand the importance of compression in maintaining edema reduction.
- recognize the difference between circular-knit and flat-knit elastic compression garments.
- understand the role of inelastic compression garments in the management of lymphedema and lymphatic system disorders.
- understand the importance of proper fit and compression level in compression garments for optimal function and edema control.