

2016 Asia Pacific
Lymphology
Conference

New Networks - New Solutions
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Hosted by:



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Pre Conference Workshop

Title	Exercise and its Role in the Prevention and Treatment of Lymphoedema
Presenters	Dr Sandi Hayes, Professor, Queensland University of Technology Karin Johansson, Associate Professor, Lund University, Sweden
Duration	3 hours
Date/time	Wednesday 25 May 2016, 9.00 am – 12.00 pm
Venue	Vibe Hotel, Darwin Waterfront, 7 Kitchener Drive, Darwin
Learning Objectives	<p>Exercise is now considered safe for those with or at risk of developing lymphoedema following cancer. However, how much exercise is enough, how much is too much and what type of exercise is best? This workshop will:</p> <ol style="list-style-type: none"> 1. Cover why we should even consider exercise with respect to the prevention and/or treatment of lymphoedema. 2. Present the findings of a systematic literature review which assessed the evidence on 1) the role of exercise in lymphoedema prevention; 2) the acute and long term effects of exercise training on lymphoedema; 3) the various types of exercise prescribed; and 4) the wearing of compression during exercise. 3. Discuss national and international exercise guidelines and compare these against the exercise and lymphoedema evidence. 4. Translate how this evidence can be used in clinical practice by: <ul style="list-style-type: none"> • giving practical examples of an exercise program • exploring and addressing common barriers to exercise faced by those with lymphedema • demonstrating how generalized guidelines can be

individually applied

At the end of this session, participants will be able to

- employ the theoretical and practical knowledge gained to get their patients exercising regularly
- prescribe the appropriate type and dose of exercise
- monitor the effect of exercise on their patients' lymphoedema and overall health status