



Karen Ashforth, MS, OTR/L, CLT-LANA

Karen Ashforth, MS, OTR/L, CLT-LANA has practiced as an occupational therapist for over 40 years and has specialized full time in lymphedema and lipedema treatment for over 20 years. Karen is considered an international expert in treating complex lymphedema and lipedema cases, addressing underlying fibrosis and inflammation. She has pioneered and participated in development of numerous innovative compression garments and pneumatic compression appliances. Karen speaks frequently in academic, clinical, and professional settings, and performs clinical research which she publishes and presents nationally and internationally. Karen currently practices at St. Joseph's Medical Center, serves as adjunct faculty at the University of the Pacific Doctoral Physical Therapy Program, and has a telehealth consultation practice for lymphedema and lipedema.