



2025 CONFERENCE SERIES

Navigating the Lymphatic Road Map
Oncology-Lymphatic
Superhighway

OVERALL PROGRAM

VIRTUAL: JUNE 21-22, 2025

DAILY, 10:00 AM - 3:00 PM EDT

IN-PERSON: JULY 18-20, 2025

BALTIMORE, MD

FRIDAY, 12:00 PM - 5:00 PM EDT

SATURDAY, 8:30 AM - 5:00 PM EDT

SUNDAY, 8:30 AM - 12:00 PM EDT



JOHNS HOPKINS
M E D I C I N E



VIRTUAL EVENT

Saturday, June 21, 2025



10:00 am	<i>Welcome</i>	
10:15 am	Protocol Standards with Lymphedema Screening Modalities	<i>Cheryl Brunelle</i>
11:00 am	Pressure with Purpose: Management in Breast and Chest Lymphedema and Swelling	<i>Kelly Sturm</i>
11:30 am	<i>Sponsored Session</i>	<i>Haddenham</i>
11:45 am	<i>Break/Transition</i>	
12:00 pm	Breast Cancer Related Breast Pain: Etiology & Therapy Interventions	<i>Angela Page</i>
12:45 pm	New Lymphedema Research: Mind the Gap	<i>Ana Pozzoli</i>
1:15 pm	<i>Sponsored Session</i>	<i>Thuasne</i>
1:30 pm	<i>Break/Transition</i>	
1:45 pm	Aquatic Therapy for Lymphatics	<i>Jessica Bertram</i>
2:30 pm	<i>Sponsored Session</i>	<i>L&R USA</i>
2:45 pm	<i>End of Day Message</i>	
3:00 pm	<i>End of Day 1</i>	<i>Schedule subject to change</i>



Join us on our brand-new Virtual Learning Platform for the Virtual Conference!

This innovative space is designed to enhance your learning experience, providing seamless access to live sessions and exclusive content—all from the comfort of your home. With user-friendly navigation and engaging presentations, our platform ensures an immersive and dynamic educational journey tailored to your needs.

Plus, upon successful completion of requirements, you will receive immediate access to your CEU certificates, making it easier than ever to track your professional development. You will also enjoy 60 days of on-demand access to virtual session recordings, allowing you to revisit key insights at your convenience.

Even if you are unable to attend the full live event, you can still earn continuing education credit by watching the recorded sessions, ensuring you don't miss out on valuable learning opportunities.

Don't miss out—experience learning without limits at this year's conference!

VIRTUAL EVENT

Sunday, June 22, 2025



10:00 am	<i>Welcome</i>	
10:05 am	New Frontiers in Oncology: Acupressure for Lymphedema: Exploring a Possible Supportive Strategy	<i>Nada Lukkahatai</i>
10:20 am	New Frontiers in Oncology: Self-Measure Protocol for Early Detection of Lymphedema	<i>Bolette Skjødt Rafn</i>
10:35 am	New Frontiers in Oncology: ICG-L and Lymphedema Management	<i>Megan Trevethan</i>
10:50 am	Laser Therapy	
11:20 am	<i>Sponsored Session</i>	<i>medi USA</i>
11:35 am	<i>Break/Transition</i>	
11:45 am	Internal Edema: The Hidden Side Effects in Dysphagia Rehab	<i>Lauren Meffen</i>
12:45 pm	Nutrition for Oncology	<i>Nichole Andrews</i>
1:15 pm	<i>Sponsored Session</i>	<i>JOBST</i>
1:30 pm	<i>Break/Transition</i>	
1:45 pm	Head and Neck Compression Complexities	<i>Amy Huntsman</i>
2:00 pm	<i>Sponsored Session</i>	<i>Lympha Press</i>
2:45 pm	<i>Thank You</i>	
3:00 pm	<i>End of Day 2</i>	

Schedule subject to change

Three Ways to Join:

- ◆ Virtual Access – Includes live sessions + on-demand access
- ◆ Hybrid Experience – Attend in person + enjoy virtual on-demand access
- ◆ Single-Day In-Person – Join us for one full day of live sessions

REGISTER NOW



IN-PERSON EVENT

Friday, July 18, 2025



9:00 am – 12:00 pm *Check-In*

Therapy Breakout Sessions

Session Registration Required

12:00 – 1:15 pm	Neuromodulation for Pelvic Floor Disorders	<i>Mary Austin</i>
12:00 – 3:15 pm (Break 1:30–1:45)	Head & Neck Fibrosis Treatment Techniques	<i>Kimberly Middleton</i>
	Manual Lymph Drainage For the Breast	<i>Michelle Kondracki</i>
	How Treating the Myofascial Tissues Releases the Lymphatic Vessels	<i>Kathy McGinty</i>
	Screening & Assessment Devices	<i>Cheryl Brunelle</i>
	Compression Garment Fitting	<i>Brittany Matozzo</i>
1:45 – 3:15 pm	Optimizing Chemobrain Rehabilitation	<i>Opalyn de Vera</i>
3:45 – 5:00 pm	Neuromodulation for Pelvic Floor Disorders	<i>Mary Austin</i>
	Exercise Updates for the Cancer Survivor	<i>Cynthia Barbe</i>
	Male Genital Compression	<i>Donald Thomas, Jr</i>
	QiGong	<i>Ta-Ya Lee</i>
	Auricular Acupressure	<i>Zoey Zhang</i>
4:30 – 5:00 pm	<i>Sponsor & Exhibitor Toast (sponsors & exhibitors only)</i>	
5:00 – 6:00 pm	Cheers & Chat Welcome Hour (for all attendees)	
7:00 pm	<i>Faculty Dinner (by invitation only)</i>	

Schedule subject to change

Cheers & Chat

Welcome Hour

Friday, July 18, 2025
5:00 – 6:00 pm
Concourse at Turner Hall

Kick off the NLN Conference while enjoying some light refreshments and great conversation.



IN-PERSON EVENT

Saturday, July 19, 2025



Fariba Asrari

Lisa Jacobs

Michele Manahan

Nasreen Starner

NLN Gold Sponsors

Danielle Trakimas

Rina Abrams

Jessica Engle

Schedule subject to change

THE LYMPHATIC LINK-UP

Navigating

CONNECTIONS

Saturday, July 19, 2025 at 5:00 pm

Join us for a relaxed and engaging networking event open to all conference attendees!



IN-PERSON EVENT

Sunday, July 20, 2025



8:00 am *Breakfast*

Therapy Breakout Sessions

Session Registration Required

8:30 – 9:15 am **A Discussion on Documentation**

Laurie Fitz

8:30 – 10:15 am **Manual Lymph Drainage for Head & Neck
Sensory Rehabilitation for Oncology Patients
ADLs and Precautions Postmastectomy**

Bryan Spinelli

Nasreen Starner

Brianna Weltlich

9:15 – 10:15 am **Research Showcase**

Emad Abdalla

Sarah Stalker

10:15 am *Morning Break in Exhibit Hall*

10:45 am **Talking Treatment: A Therapist-Led Discussion on
Oncology Care**

11:45 am *Closing Remarks*

12:00 pm *Conference Closes*

Schedule subject to change

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REGISTER NOW



Breakout Session Descriptions

In Alphabetical Order



A Discussion on Documentation: Getting Rid of the Fluff for an Epic Experience

Laurie Fitz, PT, CLT

Sunday, July 20, 2025

This session aims to foster meaningful discussion on strategies to minimize administrative workload, with a particular focus on streamlining documentation. The presenter will share training, EMR enhancements and workflows implemented to better support our therapists while engaging audience to share their own best practices.

Advancing Lymphedema Screening for Early Intervention

Cheryl Brunelle, PT, MS, CCS, CLT

Friday, July 18, 2025

This hands-on, didactic workshop offers clinicians the opportunity to explore emerging and established lymphedema screening tools firsthand—including 3D imaging, bioimpedance spectroscopy, tissue dielectric constant, smart tape and ultrasound. Participants may use the equipment, ask questions, and gain practical experience with each modality. The session emphasizes real-world application, helping clinicians understand how to integrate these technologies into their own screening workflows.

Auricular Acupressure

Zoey Zhang

Friday, July 18, 2025

This breakout session offers a closer look at auricular acupressure, an approach used to support stress relief, pain management, and overall wellness. Participants will observe a live demonstration and engage in discussion on its applications, benefits, and integration into therapeutic practice.

Exercise Updates for the Cancer Survivor

Cynthia Barbe, PT, DPT, MS

Friday, July 18, 2025

This session will address common questions regarding how and when to incorporate exercise during cancer survivorship, including considerations for dosage, frequency, and exercise type. Using evidence-based medicine and research, the presenter will provide valuable insights to help clinicians apply best practices when supporting patients throughout their survivorship journey.

Breakout Session Descriptions

In Alphabetical Order



Genital Lymphedema and Treatment

Donald Thomas, Jr, PT, DPT, CLT-LANA, CWT

Friday, July 18, 2025

This session provides a comprehensive exploration of genital lymphedema, its effects on men's health, and the latest treatment options available. Attendees will gain valuable insights into assessment, management strategies, and evidence-based interventions to improve patient outcomes.

Head and Neck Fibrosis: What Should I Do?

Kimberly Middleton, MSPT, CLT

Friday, July 18, 2025

This session explores the evaluation and management of radiation fibrosis in individuals with head and neck cancer. The presenter will discuss current evidence-based treatments, review relevant case studies, and examine strategies for improving patient care and outcomes.

How Treating the Myofascial Tissues Releases the Lymphatic Vessels

Kathy McGinty, PTA, CLT, STARc

Friday, July 18, 2025

New findings about the superficial myofascial tissues shows lymphatic vessels running directly through them! By treating myofascial restrictions in the arm, axilla, breast, and ribcage, it will directly relate to treating the part of the lymphatic system that runs through the same area. This treatment softens the skin and provides space for fluid to flow more freely into the lymphatic capillaries and through the vessels.

Integrative Medicine for Management of Lymphedema

Ta-Ya Lee, DNP, DAOM, PhD, MPH, MBA

Friday, July 18, 2025

Integrative medicine for lymphedema combines conventional treatments with complementary approaches like yoga, acupuncture, and herbal remedies to manage swelling and improve overall well-being. This holistic approach aims to reduce swelling, improve lymphatic drainage, and enhance quality of life for individuals with lymphedema.

Breakout Session Descriptions

In Alphabetical Order



Keep It Simple: Compression Garment Fitting

Brittany Matozzo, PT, DPT, CLT-LANA, WCC

Friday, July 18, 2025

This session will provide an in-depth review of the various garment types available for patients, along with best practices for measuring and selecting custom garments. By the end of the session, clinicians will gain increased confidence in identifying and fitting the most suitable garments to meet their patients' needs.

Manual Lymph Drainage For the Breast In the Presence of Lymphedema

Michelle O'Connor, MPT, CLT-LANA

Friday, July 18, 2025

This presentation, exclusively for Certified Lymphedema Therapists (CLTs), will explore the role of manual lymph drainage (MLD) for the management of lymphedema in the breast. Participants will get a more advanced understanding of the lymphatic system in the breast through both theoretical and practical techniques. Bandaging and advanced techniques will also be demonstrated to show the most effective treatments to reduce swelling, improve lymph flow and improve patient outcomes.

Manual Lymph Drainage for Head & Neck Lymphedema

Bryan Spinelli, PhD, PT

Sunday, July 20, 2025

Join this interactive session to refine your manual lymph drainage (MLD) techniques for head and neck lymphedema. Through guided, hands-on practice, participants will learn effective strategies to stimulate lymphatic flow, reduce swelling, and enhance patient outcomes. Led by an experienced clinician, this session provides practical application and expert insights to improve confidence in MLD treatment.

Neuromodulation for Pelvic Floor Disorders

Mary Austin, PT, DPT, WCS

Friday, July 18, 2025 - offered at two separate times

Pelvic health symptoms are a common consequence of cancer related therapies and procedures especially among populations with breast, genitourinary, and bowel cancers. Urinary urgency and urge urinary incontinence, bowel urgency and associated leakage, and pelvic pain disorders in particular greatly affect participation in ADLs and negatively impact quality of life among cancer survivors. Neuromodulation therapies, including the use of low-frequency transcutaneous electrical nerve stimulation, can be very effective in managing these symptoms. This session will provide information on the underlying pathophysiology of cancer related pelvic floor conditions, mechanism of action for neuromodulation therapy, and intervention strategies to help this patient population.

Breakout Session Descriptions

In Alphabetical Order



Optimizing Chemobrain Rehabilitation: Integrating Artificial Intelligence and Manual Lymphatic Drainage in Clinical Practice

Opalyn De Vera, PT, DPT, CLT

Friday, July 18, 2025

The presentation will address the challenging adverse effects of cancer treatment, specifically brain fog or "chemobrain." It will focus on the role of Artificial Intelligence in potentially mitigating chemotherapy-related cognitive impairment, examining how AI can assist in tracking, analyzing, and offering solutions for cognitive issues in cancer patients. Additionally, the discussion will explore the benefits of incorporating manual lymphatic drainage (MLD) as a therapeutic approach to aid in the recovery from chemobrain, highlighting how MLD may support brain function.

OT Role in Post-Op Mastectomy Care

Brianna Weltlich, OTR/L, CLT

Sunday, July 20, 2025

This presentation explores the crucial role of occupational therapy in the post-operative recovery of mastectomy patients, focusing on strategies for managing pain, improving range of motion, and preventing complications like lymphedema. It highlights evidence-based interventions and collaborative care approaches that empower patients to regain independence and enhance their overall quality of life following surgery.

Research Showcase

Two Presentations by Emad Abdalla, PT, DPT, CLT-LANA and Sarah Stolker, MSPT, CLT-LANA

Sunday, July 20, 2025

This session will feature two researchers who have completed projects within lymphology. Emad Abdalla will present "Enhancing Quality of Life through Integrated Lymphedema Rehabilitation: A Qatar-Based Approach", and Sarah Stolker will present "Addressing Psychosocial Needs in Comprehensive Lymphedema Care: A Systematic Review."

Reclaiming Senses: Sensory Rehabilitation for Oncology Patients

Nasreen Starnier, OTR/L, CLT

Sunday, July 20, 2025

"Reclaiming Senses: Sensory Rehabilitation for Oncology Patients" is a specialized course focused on supporting individuals experiencing changes in sensation following cancer treatments. This course equips healthcare professionals with the tools and strategies needed to address sensory impairments commonly experienced by oncology patients. Participants will learn personalized rehabilitation techniques to help improve patient outcomes, restore function, and enhance the quality of life for those navigating sensory challenges during and after cancer interventions.