

Abstract lecture “Physio- and movement therapy for the lipoedema patient”, by Ad Hendrickx on Saturday 20-11 in the session “Lipedema management II”.

Physio- and movement therapy for the lipedema patient

The publication of the “European Best Practice of Lipedema” has been an important step in both the diagnostic and therapeutic approach of lipedema. An individual tailored therapy plan is set up, based on the patients’ specific complaints and personal goals. Questionnaires and physical tests are chosen to objectify the patient’s story and the results form the basis of the so called ‘health profile’. Both diagnosis and health profile are leading for the therapy plan. It is essential that patients understand that lipedema is a chronic disease that can be negatively impacted by increasing body weight, a lack of physical activity, inadequate illness believes and distress. The therapy will consist of combinations of physio/movement-, compression-, psycho-social therapy, education, and weight management. A treatment plan based on the concept of Graded Activity is advised. Self-management is the connecting key element between all therapy components.

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Ad Hendrickx

Physical therapist and researcher Center of Expertise for Lymphovascular Medicine, Nij Smellinghe hospital Drachten, The Netherlands.

a.hendrickx@nijsmellinghe.nl