

View on living with primary lymphoedema and managing compression & My compression story

Presentation Summaries:

Self-management of lymphoedema comes with preparation, patience and perseverance. Compression is one of the main aspects of lymphoedema therapy, for Ellen this was life changing in managing her condition. However, this was not without challenges. Ellen shares her own perspective on the trials and tribulations of self-management of lymphoedema and compression