

Exercise and movement

Dr Rhian Noble-Jones, National Lymphoedema Research Specialist,

Lymphoedema Wales, UK.

Abstract

Over the last 18 months the Covid pandemic has caused many of us to think differently about our health services and how we care for our own health when health services are struggling. Lymphoedema and exercise has more good quality research happening now than ever before but it can still be difficult to bring it into your own daily routines. In this session we'll be thinking about this time as a period for a 'fresh start', to explore what is safe, what's important and what has stopped us in the past. The session also incorporates some advice regarding the different approach to exercise required for those affected with long-Covid.