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Key takeaways

from our latest webinar



Nele Devoogdt



Kirsten van Duinen



Manuela Lourenço Marques



European Reference Network



VASCERN

Gathering the best expertise in Europe to provide accessible cross-border healthcare to patients with rare vascular diseases



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Exercise is good for lymphoedema

For years, patients were told to avoid exercise. The evidence says the opposite — muscle contractions activate the lymphatic system, improve fluid transport, and reduce oedema volume.



Resistance exercises don't make it worse

This is one of the biggest misconceptions in lymphoedema care. Studies now show scientific consensus: resistance training does not increase swelling. It can actually reduce it.



You can do any sport you like

Running, swimming, golf, cycling, handball; no type of exercise is off-limits. The key is to monitor your lymphoedema afterwards and check that any swelling returns to normal the next day.



Pain doesn't always mean lymphoedema

If you experience pain during or after exercise, consult your healthcare provider for a clinical evaluation to determine the cause. In most cases, this pain is not related to your lymphoedema.



Find something you enjoy

The best exercise for lymphoedema is the one you will actually keep doing. Choose activities you like — that's the advice from the experts who treat this condition every day.



Watch the full

webinar replay

These are just the highlights. The full session covers compression during exercise, water-based therapy, and much more plus a live Q&A.



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