

Session Title

Workshop of Aqua Lymphatic Therapy for Health Professionals
Plenary Session: Friday, October 23 at 3:30pm
Learning Stream: 2 and 3

Session Summary

ALT is a method that uses the physical properties of the water to achieve the same goals as CLT (Complex Lymphatic Therapy). A combination of exercises, self-massage and gradient pressure are achieved in one session of 45 minutes. The ALT was studied in two randomized control trials and was found to be a safe method with immediate positive effect on edema and long term positive effects on pain, grip strength, quality of life and disability in women who suffer from mild breast cancer related lymphedema.

A one hour workshop that begins with a 15 minutes of theory and explanations on the principles of ALT, the sequence, pace, ways of movements through the water etc. 45 minutes of practicing a full session of ALT for arm lymphedema.



Dorit Tidhar is a physiotherapist who was trained in lymphedema therapy by Prof. Judith Casley-Smith in 1999 and was certified by her as a teacher in Self-Management and Exercise for Lymphedema in 2003. Dorit designed a program of Aqua Lymphatic Therapy to help people who suffer from lymphedema maintain and improve the results of conventional treatment and conducted a randomized controlled trial as part of her Master's degree in Tel Aviv University in Israel, to examine this method. She is now working in Maccabi healthcare services as the national director of lymphatic therapy services.