

## Session Proposed Title:

Lymphatic Flow Yoga – The Benefits for Your Life and Lymph

## Speaker:

Barbara Jackson, OTR/L, CLT-LANA, CYT, Reiki (Babz)

## Speaker Bio:

**Barbara Jackson**, is an occupational therapist, lymphedema therapist, certified yoga teacher, certified in yoga4cancer, LoveYourBrain, Yoga for Trauma training, and reiki attuned. She is a certified lymphedema therapist (LANA certified) specializing in cancer rehab and the lymphatic system.

Babz integrates her clinical techniques into her yoga practice. She has studied the effects of yoga and mindfulness with multiple populations. She is passionate and eager to create wellness programs to help to teach and support specialized populations including lymphatic flow yoga wellness.

**Speaker Disclosures:** none.

*Financial:*

*Non-financial:*

## Learning Objectives:

1. Examine the lymphatic system and ways in which the lymph fluid is encouraged to flow to improve lymphatic health
2. Give examples of how diaphragmatic breathing, manual lymph drainage, yoga poses and mindfulness can facilitate improved lymphatic flow throughout the body.
3. Justify how yoga practices impacts lymphatic fluid movement throughout the body to improve independent management of lymphedema/lipedema, improved functional outcomes, and participation in daily occupations.

## Course Description:

Improving lymphatic health is a great way to improve your overall health and wellness. By encouraging lymph flow you can help to improve digestive, immune, cardiovascular and physical/mental health. Understanding the pathways and body map of our beautiful lymphatic rivers throughout our bodies allows us to encourage physical and mental relief and restoration. It's time to learn how to better live with a lymphatic disorder. This training provides guidance for safe and appropriate lymphatic yoga practice with breathing exercises, physical postures, meditation and mindfulness techniques. Build awareness of the lymph pathways and the use of muscle pumps to assist lymph flow to cleanse and clear the mind and body. This training will include education for improved lymphatic health through engaging in a lymphatic flow yoga practice. Improving lymphatic health is beneficial for everyone, but especially important for individuals with a lymphatic disorder such as lymphedema or lipedema. Learning these techniques will help to improve your comfort and confidence to encourage healthy lymphatic flow in this patient population.

## Outline:

- What is the lymphatic system
  - Understanding the network
  - Understanding the pathways that the fluid moves
  - Essential components
- How does lymph fluid move through the body
  - Manual lymph drainage
  - Muscle pump activation
  - Diaphragmatic breathing
  - Mind body connection
- Concepts of lymphatic flow yoga
  - Improve lymphatic health through guided self-manual lymph drainage (MLD)
  - Emphasize mindful breathing practices and diaphragmatic training
  - Engage internal muscle pump activation
  - Analyze psychosocial benefits to enhance support and survivorship
- What are the ways we can improve lymph flow
  - Integrating Yoga practices
  - Implementing deep diaphragmatic breathing strategies
  - Utilizing self-MLD techniques
  - Whole-person approach through mindfulness interventions
  - Parasympathetic activation to improve relaxation and restoration
- Current research about lymphedema / lymphatic system & yoga
  - Review of recent studies and findings
  - Evidence based support for symptom management
  - Indications and contraindications of lymphatic flow yoga
  - Factors to consider for Implementation of yoga programs, and best approaches
  - Future considerations and outcomes

## Needs Assessment:

Please explain how this course meets the learning needs of your intended audience today, addressing **each** of the questions below.

1. What is the problem/practice gap that this course addresses? Please answer **at least one** of the below:
  - a. What is the needed change in practice? **To improve understanding of the lymphatic system to better support our patients.**
2. What educational needs are contributing to the problem? **Lack of education provided to students about lymphatic system**

3. How do you know these are problems? \* There is a statistic about that in med school the students are only taught one seminar about the lymphatics\*

**Learner Engagement Strategies/Tools:** (From proposal guidelines)

1. Which learner engagement activities and learner assessments are going to be used in this program?

<input type="checkbox"/> Didactic lecture <input type="checkbox"/> Case studies <input type="checkbox"/> Large group activities <input type="checkbox"/> Small group activities <input checked="" type="checkbox"/> Live demonstrations <input type="checkbox"/> Video demonstrations	<input type="checkbox"/> Learner polls <input type="checkbox"/> Simulations <input type="checkbox"/> Reading material w/ discussion <input type="checkbox"/> Group quizzes <input checked="" type="checkbox"/> Q&A session(s)	<input checked="" type="checkbox"/> Open discussions <input type="checkbox"/> Panel discussions <input type="checkbox"/> Debate <input type="checkbox"/> Hands-on skills training <input type="checkbox"/> Other (please specify):
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2. Which supplemental educational tools will be present in the PowerPoint/participant handouts?

<input checked="" type="checkbox"/> Learner handout material <input type="checkbox"/> Patient handout material <input type="checkbox"/> Worksheets	<input type="checkbox"/> Assessment/diagnosis tools <input type="checkbox"/> Online resources <input type="checkbox"/> Recommended additional reading	<input type="checkbox"/> Pocket reference cards <input type="checkbox"/> Other (please specify):
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**Target Audience:**

PT, PTA, OT, OTA, DC, ATC, MT, Exercise Physiologists, Other Rehab Professionals

**Additional Docs:**

- Post test:
  - 1. What is the major role of the lymphatic system?
    - A. support cardiovascular health and fluid balance
    - B. support immune health
    - C. support digestive health
    - D. All of the above
  - 2. What are they four ways in which help to improve lymph flow?
    - A. Diaphragmatic breathing, intrinsic contractibility/self-MLD, Muscle pump activation/exercise, Mindfulness
    - B. Exercise and breathing techniques
    - C. Drinking lots of water
    - D. fast breathing and deep pressure massage
  - 3. What are the top three exercises to improve lymph flow?
    - A. Gravity assisted exercises
    - B. Movements that encourage heart opening
    - C. Full body movements with core contraction
    - D. All of the above

- 4. Which of the following is an essential component for normal lymph transport?
  - A. Compression garments
  - B. Frequent massages
  - C. Healthy lymphatic muscle pump function
  - D. Dry brushing techniques
- 5. Which of the following is not typically a cause of Lymphedema
  - A. Radiation and Chemotherapy
  - B. Daily exercise
  - C. Removal of lymph channels
  - D. Inflammation
- 6. Healy lymph fluid comes from \_\_\_\_\_
  - A. Intracellular fluid of cells
  - B. Extracellular fluid surrounding cells
  - C. swelling only caused by acute injuries
  - D. Abnormal venous insufficiency
- 7. Yoga can improve lymphatic health and potentially help alleviate all of the following except...
  - A. Hardening and thickening of tissue/skin
  - B. Increased risk of infection
  - C. Reduced mobility and ROM
  - D. Open and active wound management
- 8. All the following are indications to use yoga and mindful breathing in the oncology patient population except...
  - A. To improve gait mechanics
  - B. To enhance postural control and stability
  - C. To discourage body awareness
  - D. To improve psychosocial well-being
  -
- 9. Virtual yoga sessions have shown to be beneficial for oncology patients because...
  - A. Addresses travel barriers associated with in-person integrative oncology treatment delivery
  - B. It keeps them isolated from other survivors
  - C. It keeps them away from immersion in social settings
  - D. It is a less scalable format
- 10. Yoga practices have been shown to help active cancer patients and survivors...
  - A. Increase perceived threat of pain
  - B. Improve overall quality and length of sleep
  - C. Increase anxiety about their medical diagnosis
  - D. Reduce their exposure to support groups

- References:

- [Managing Lymphedema, Increasing Range of Motion, and Quality of Life through Yoga Therapy among Breast Cancer Survivors: A Systematic Review - PMC \(nih.gov\)](#)

- [Yoga protocol for treatment of breast cancer-related lymphedema - PMC \(nih.gov\)](#)
- [Effect of yoga on patients with cancer - PMC \(nih.gov\)](#)
- [The Efficacy of Yoga as a Form of Treatment for Depression - Ledetra Bridges, Manoj Sharma, 2017 \(sagepub.com\)](#)
- [Effects of Diaphragmatic Breathing on Health: A Narrative Review - PMC \(nih.gov\)](#)
- [Yoga for correction of lymphedema's impairment of gait as an adjunct to lymphatic drainage: A pilot observational study - PMC \(nih.gov\)](#)
- [ONS Guidelines™ for Cancer Treatment–Related Lymphedema | ONS](#)
- [Yoga for symptom management in oncology: A review of the evidence base and future directions for research - Danhauer - 2019 - Cancer - Wiley Online Library](#)
- [Real-World Experiences With Yoga on Cancer-Related Symptoms in Women With Breast Cancer - Shruti R Patel, Jacqueline Zayas, Jose R Medina-Inojosa, Charles Loprinzi, Elizabeth J Cathcart-Rake, Anjali Bhagra, Janet E Olson, Fergus J Couch, Kathryn J Ruddy, 2021 \(sagepub.com\)](#)
- [jcom02605219.PDF \(mdedge.com\)](#)
- [Yoga for chronic chemotherapy-induced peripheral neuropathy pain: a pilot, randomized controlled trial | SpringerLink](#)

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