



Lipedema in Clinical Practice: Diagnosis, Treatment, and Long-Term Management

10/06/2026 7:00 PM Eastern

Live Virtual Webinar

A multidisciplinary approach to lipedema, analyzing surgical options and conservative/rehabilitative management strategies.

Learning Objectives:

1. Identify key clinical features differentiating lipedema from obesity and lymphedema.
2. Describe current specialized surgical treatment options for lipedema.
3. Discuss evidence-based conservative management strategies for pain and edema.
4. Recognize the critical role of rehabilitation before and after surgery.
5. Apply a multidisciplinary care framework to maximize clinical patient outcomes.

Intended Audience: Podiatrists

Fees: \$ 0.00

Refund Policy: N/A

In-House CME is accredited by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. In-House CME has accredited this activity for a maximum of 1.0 continuing education contact hour.

No commercial interest provided financial support for this continuing education activity.

Panelists

Frank Aviles, PT, CWS, FACCWS, CLT-LANA, ALM, AWCC, PT



Frank Aviles, Jr. is a physical therapist with more than 35 years of experience specializing in chronic wound and lymphedema management. He is the owner and consultant of Cane River Therapy Services LLC and works with Mobile Rehab and Lymphatics in Naples, Florida. Frank is actively involved in education, research, and advocacy and co-hosts The Frank & Lizzie Show, an educational platform for wound care and lymphedema clinicians.

Disclosures: Mr. Aviles is a consultant for Eva Medtec, Sun Scientific, and Norton School of Lymphatic Therapy

Dawn Brinkman, OTD, MS, OTR/L, CLT-LANA, WCC



Dawn Brinkman is an experienced occupational therapist and certified lymphedema therapist with over 32 years of experience in patient assessment and treatment. Throughout her career, she has worked in various settings, including Orlando Health and Florida Hospital (now Advent Health), where she developed her expertise in lymphatic and wound management techniques. She earned her Bachelor of Health Science in Occupational Therapy from the University of Florida in 1993. Dawn furthered her education by obtaining a Master of Health Science in Occupational Therapy from Mount Mary University in 2022 and a Post-Professional Doctorate in Occupational Therapy from the same institution in 2024. For the last 25 years, she has specialized in lymphedema treatment and education. She has recently expanded her focus to include interventions for lipedema. In addition to her clinical practice, Dawn has been a part-time primary instructor at the Norton School of Lymphatic Therapy. She currently holds the Director of Clinical Education and

Certification Programs position at the American Academy of Lymphatic and Wound Care, where she oversees lymphatic and wound management courses for healthcare professionals in Florida.

Disclosures: Consultant for Lympha Press

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