



Trained Lymphedema Therapists in Manitoba

The therapists listed here are trained in Combined Decongestive Therapy (CDT) and have graduated from a school that follows the Lymphology Association of North America (LANA) standards. Advanced therapy consists of Manual Lymphatic Drainage (MLD), compression, bandaging, education in lymphedema management, self care to promote lymphatic flow such as exercise/movement and skin care practices to prevent complications such as infections.

– highlighted therapists are LAM professional members

Name	Credentials	Location	E-mail Address	Web Site	Phone
Allingham, Andrea ^V	RMT, CLT-LANA	Brandon MB	andrea.allingham@gmail.com		204-727-8170
De-Vehr, Rebecca	RMT, CLT	Starbuck MB	rcdoerksen@live.ca		204-232-8100
Dobbin, Karen ^K	MSc, BMRPT, CLT-LANA	Winnipeg MB, South River Heights	karendobbin@shaw.ca	www.panamclinic.org/patients/physiotherapy	204-927-2660
Dowsett, Marita ^{ACOLS}	BPT, CLT	Brandon MB	reception@physio4U.net	www.physio4U.net	204-725-4066
Driediger, Sarah ^K	RMT, CLT-LANA	Thompson MB	info.achievement@gmail.com	www.achievemassagetherapy.com	204-218-8487
Polinger, Emma Hait ^V	RMT, CLT	Winnipeg, MB, South River Heights	emmahp.rmt@gmail.com	https://lymphaticmassage.ca/	204-952-4642
Menzies, Linda ^{V & K}	RMT, CLT-LANA	Morden MB	menziesprocare@gmail.com	www.mordenmassagetherapy.ca	204-822-4239
Pearson, Adrienne ^K	RN, BN, CLT	Winnipeg MB	apearson2@sogh.mb.ca		204-632-3108
Rossnagel, Chandra ^V	OT, CLT	Brandon MB	crossnagel@pmh-mb.ca		204-578-4500
Waldner, Leona ^K	RMT, CLT	Winnipeg MB, Charleswood area	lwalderm@gmail.com	www.bodylogicwellnesscentre.com	204-889-2222
Rowsell, Nancy ^K	RMT, CLT	Selkirk MB	info@interlakelymphclinic.ca	www.interlakelymphclinic.ca	204-981-8678
Bonner, Tori	RMT, CLT	Winnipeg MB, St. Vital area	info@ravemassage.com		204-416-7283
Davis, Amanda ^V	RMT, CLT	Winnipeg MB	info@sundragonstudios.ca		204-889-9089
Esau, Shannon ^K	PT, CLT	Winnipeg MB	* See Breast Health Centre		
Haddad, Cynthia ^V	RMT, CLT	Winnipeg MB, North Kildonan	sunflowermassage@shaw.ca		204-333-9971
Kolach, Dana ^V	CLT, RMT, BKin	Winnipeg MB, St. Vital, Dugald	dkrmt@protonmail.com	https://danakolachmassagetherapy.clinicsense.com/	204-471-7887
Melanchuk, Agnes ^{V & K}	RMT, CLT	Winnipeg MB, East Kildonan area	atlas1@shaw.ca		204-334-4866
Shared Health Services Breast Health Centre		Winnipeg MB	sesau@sharedhealthmb.ca kstyrchak@sharedhealthmb.ca		204-237-2034

Styrchak, Katherine ^{V&K}	RMT, CLT-LANA	Winnipeg MB	* See Breast Health Centre		
Zwarich, Susan ^{V&K}	RMT, CLT-LANA	Winnipeg MB, St. James area	szwarich@icloud.com	www.msoc.ca	204-504-8986

*This information is being provided for convenience only and does not constitute a recommendation or an endorsement from the Lymphedema Association of Manitoba (LAM). While the information posted on this website is believed to be reliable and accurate at the time of posting, LAM does not guarantee, represent or warrant that the information on this website is accurate, complete, reliable, verified or error-free.

Codes:

V – Vodder trained and certified (please see www.vodderschool.com)

K – Klose trained (please see www.klosetraining.com)

ACOLS – Trained at Academy of Lymphatic Studies (please see www.acols.com)

CLT – Certified Lymphedema Therapist

CLT-LANA – Certified Lymphedema Therapist - Lymphology Association of North America

BMRPT/BPT – Bachelor of Medical Rehabilitation in Physiotherapy/Bach of Physiotherapy

* All therapists have trained at a program that meets the Canadian Lymphedema Framework standards noted below

LPN – Licensed Practical Nurse

RN – Registered Nurse

OT – Occupational Therapist

RMT – Registered Massage Therapist

MSc – Master of Science

QUESTIONS YOU MAY CHOOSE TO ASK:

Do you treat (*my type*, eg arm, leg, head/neck) of lymphedema?

Do you need a doctor's referral?

What is the cost of your services? Do you direct bill to insurance companies?

Is your location wheelchair accessible (if applicable)?

What is the parking situation?

Are there any pets on the premises (if applicable)?

Do you provide mobile services (if applicable)?

Do you have any special training (if applicable)?

What should I expect on my first visit?

Notes:

LAM has adopted the definition of the Canadian Lymphedema Framework: "Certified lymphedema therapists are experts in assessing and treating lymphedema. They are nurses, physiotherapists, occupational therapists and massage therapists who meet the Canadian Lymphedema Framework's national training standards. To certify, lymphedema therapists train for a minimum of 135 hours with a recognized school." www.canadalymph.ca

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