

MASSAGE THERAPY AND Lipedema



Lipedema is a chronic condition that forms fat in the legs, lower trunk &/or arms, sparing feet & hands.

It is often mistaken for lymphedema or having obesity. Lipedema fat is resistant to diet & exercise.



Cause:

The exact cause is unknown. It typically develops during hormonal changes such as puberty, pregnancy or menopause.

Risk factors/who it affects:

- Predominantly being assigned female at birth (AFAB)
- Family history, as genetics may play a role
- Globally is estimated to affect 11% of AFAB

Common symptoms

- Symmetrical excessive fat in legs/lower trunk/arms,
- Painful, nodular fat
- Swelling
- Heaviness
- Bruises easily
- Decreased mobility

Manual Lymphatic Drainage (MLD) performed by a certified therapist, along with other treatments, can help provide symptom relief.



Make an appointment with your MTAM Registered Massage Therapist/Certified Lymphedema Therapist who understands Lipedema today.

Evidence-based research on how lymphatic therapy works for this condition and more is available at mtam.mb.ca/about-massage-therapy. Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.