CME Online Virtual Event

Comprehensive Lower Extremity Lymphedema Management: Day-Night Compression Strategies and Skin Care Tools to Reduce Pain and Halt Disease Progression

December 1, 2026
5:00 – 6:00 p.m. Eastern
No Charge

Lower extremity lymphedema is a chronic, progressive condition that can significantly impair mobility, quality of life, and skin integrity if not recognized and managed appropriately. This lecture provides a comprehensive review of evidence-informed strategies for the diagnosis and long-term management of lower extremity lymphedema, with an emphasis on integrated day and night compression therapy. Participants will learn practical approaches to accurate clinical identification and documentation, evaluate innovative daytime compression technologies designed to improve edema control and patient adherence, and explore the role of specialized nighttime compression garments in maintaining therapeutic gains and reducing fibrotic tissue changes. The session will also examine best practices for skin care to minimize complications such as skin breakdown and infection, while reviewing coding, documentation, and reimbursement considerations to support compliant clinical practice.

Intended Audience: Podiatrists and other medical professionals treating conditions of the lower extremities

Learning Objectives

At the completion of this presentation, attendees will be able to:

1. Identify and properly document lymphedema in the clinical setting, establishing an accurate diagnostic and documentation foundation for ongoing management.
2. Evaluate a novel bungee-based daytime compression garment system for lower extremity lymphedema, including its mechanism and role in reducing swelling and supporting patient adherence.
3. Describe the design and function of specialized nighttime lymphedema garments, including padded wraps with gentle foam channels, and explain how they maintain daytime swelling reductions, prevent fluid re-accumulation, and soften fibrotic tissue during sleep.
4. Select appropriate skin care products and protocols to maximize skin integrity, prevent breakdown, and manage the unique dermatologic challenges associated with chronic lymphedema.
5. Apply appropriate coding and compliance tools for lymphedema garments and related services to support accurate reimbursement and documentation in clinical practice.

CME Online is accredited by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. CME Online has accredited this activity for a maximum 1 CME.

Speaker



Jonathan Moore, DPM | Dr. Moore received his Doctor of Podiatric Medicine degree from the California College of Podiatry Medicine. He subsequently completed a three-year podiatric medical/ Surgical residency including a Diabetic Foot Fellowship at the University of Texas Health Science Center. Dr. Moore is Board Certified by the American Board of Podiatric Medicine. He became the first foot and ankle surgeon to be appointed staff privileges at Lake Cumberland Regional Hospital. Dr. Moore is founder of Cumberland Foot and Ankle Centers of Kentucky, a division of Upperline Health. He is widely published on numerous foot and ankle-related topics and serves on multiple professional boards.

***Financial Disclosures**:*

CME Online has designated an unrestricted educational grant from AmerX Health Care for this educational activity.

Dr. Moore is a consultant and lecturer for Amerx Health Care. None of the planning committee members or any others who have influence over the content of this educational activity have any financial relationships with commercial interests to disclose.

Attendance Verification Policy

You must be logged into the seminar for the entire length of the seminar to receive the maximum CME credit.

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