



Preliminary schedule

9th Nordic Congress of Lymphology



Welcome

to the 9th Nordic Congress of Lymphology

The 9th Nordic Congress of Lymphology follows in the tradition of the Congresses that have been held since 2002. Suomen Lymfahoito ry, Lymfterapi i Finland rf and Suomen Vodder-Lymfaterapeutit ry, Vodder-Lymfaterapeuterna i Finland rf act as congress organizers. This is the third time we are honoured to host the Congress in Finland.

The key focuses of the 2026 Congress are inter alia primary lymphedema, breast cancer edema, palliative care edema, self-care, genital edema and lipedema. In addition, we will introduce recent findings from academic research in the field of Lymphology. The workshops on Saturday morning will explore selected Lymphology topics in practice.

We are very pleased to welcome lecturers from eight countries around Europe and the US. The majority of Congress participants will be lymph therapists from all Nordic countries. We hope that the possibilities for networking and discussion among participants will be equally informative and interesting to the lecture program. The Congress Committee extends its warm welcome to all participants and lecturers to Helsinki!

Schedule

THURSDAY 10 SEPTEMBER

8.30–9.00	Registration	13.45–14.30	Compression therapy Kristiina Kokkonen
9.00–9.15	Opening Ceremony	14.30–15.00	Coffee Break, exhibition in lobby
9.15–10.15	Primary lymphedema Kristiana Gordon, Prof., Consultant in lymphatic medicine (UK)	15.00–15.45	Lymphedema and chronic inflammation / Pressure garments in genital lymphedema Franz-Josef Schingale, Dr.Med. Physician, GP, Phlebology, Lymphology (Germany)
10.15–10.45	Long term follow up of arm morbidity after breast cancer treatment Katarina Blom, physiotherapist, lymphatic therapist, Med Dr (Sweden)	15.45–16.30	Surgical treatment of lymphedema Pauliina Hartiala, MD, PhD, Adj Prof., Plastic surgeon (Finland)
10.45–11.15	Coffee Break, exhibition in lobby	16.30–17.15	The most appropriate physical activity in lipedem Baukje De Jong-Turkstra, Physiotherapist BhS (Netherlands)
11.15–12.00	Moderate intensity cycling in people with lower limb lymphedema / Long term self-care in persons with lymphedema Charlotta Jönsson, physiotherapist, PhD (Sweden)	17.15	Closing remarks Tom Väisänen
12.00–13.15	Lunch, exhibition in lobby	16.30–17.30	Open lecture – Oedema treatment with CDT (in Finnish) Tom Väisänen, PT, Teacher in CDT (Finland)
13.15–13.45	Treatment of edema and lymphedema in palliative care from a lymphatic therapy perspective Silke Wehmhörner, physiotherapist, lymphatic therapist (Sweden)		

FRIDAY 11 SEPTEMBER

9.00–9.45	The benefits of lymphatic drainage in pain patients Kristiina Kokkonen, MD, PhD, Physical medicine and rehabilitation, Pain medicine (Finland)	12.45–14.00	Lunch, exhibition in lobby
9.45–10.30	Changes in structures related to lymphatic function caused by cancer treatments and why manual evaluation and treatment of these structures is essential in the treatment of lymphedema Tiina Lahtinen-Suopanki, physiotherapist, Pt Dipl. OMT, BSc, Fascial manipulation international teacher (Finland)	14.00–14.30	Role of fascial alterations in lipedema Katherine Fede, PhD (Italy)
10.30–11.00	Coffee Break, exhibition in lobby	14.30–15.30	Lipedema, genetics and more Karen L. Herbst, MD, PhD, Associate Professor (USA)
11.00–12.00	Nutrition in lipedema Gabriele Faerber, Dr. Med./MD, PhD (Germany)	15.30–16.00	Coffee Break, exhibition in lobby
12.00–12.45	My life with lipedema Elina Kotanen-Poutalampi, lymphatic therapist, lipedema nurse (Finland)	16.00–16.30	Skin changes due to leg edema Kirsi Isoherranen, Adjunct Professor, Specialist in Dermatology and Allergology, Special Competence in Wound Management, Immediate Past President of EWMA (Finland)
		16.30–17.00	Lecture and lecturer yet to be confirmed
		17.30–20.00	After work reception at Paasin Kellari

SATURDAY 12 SEPTEMBER

Congress participants are divided into three groups. Workshops run in parallel and participants rotate between workshops as per the timetable below.

Workshop 1	How to manually assess structures related to lymphatic function Tiina Lahtinen-Suopanki, physiotherapist, Pt Dipl. OMT, BSc, Fascial manipulation international teacher (Finland)	9.00–9.45	Workshops 1, 2 & 3 + moving to next workshop
		9.45–10.30	Workshops 1, 2 & 3 + moving to next workshop
		10.30–11.00	Coffee break
Workshop 2	Scar tissue management Emma Holly, Clinical scar massage specialist (UK)	11.00–11.45	Workshops 1, 2 & 3 + moving to next workshop
		12.30–13.00	Closing Ceremony
Workshop 3	Workshop lecture and lecturer are yet to be confirmed		

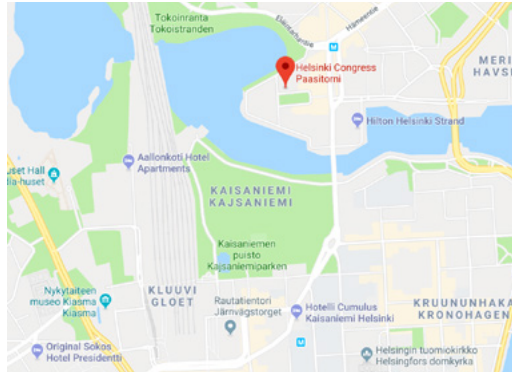
Posters

There will be a poster presentation during the Congress. Submitted abstracts will be assessed by an expert committee. Each poster will be presented with a short discussion. The size of the poster can be maximum 90 cm wide and 120 cm high. Contact: ncl2026helsinki@gmail.com

The Venue

The Congress takes place on 10-12 September 2026 at the Helsinki Congress Paasitorni, Paasivuorenkatu 5 A, 00530 Helsinki.

www.paasitorni.fi



How to get there

Paasitorni is located close to the centre of Helsinki – public transport is the easiest way to travel around the city. Paasitorni is easily reachable by:

- Trams 3, 6, 9 from the central railway station, alight at “Hakaniemi”
- Underground, east to “Hakaniemi”
- All buses from the eastern side of the central railway station
- By foot, approx. 15 min walk

Registration

Please sign up for the 9th Nordic Congress of Lymphology on our website www.ncl2026.fi

Participation fee: Until 31 May 2026 (Early Bird): **€430**
 After 31 May 2026: **€470**

The fee comprises participation in all lectures and workshops, including related materials, lunch and coffee served at the Paasitorni congress site, as well as the after work reception at Paasin Kellari on Friday evening.

Registration is binding and can only be cancelled in writing to the Congress Committee (ncl2026helsinki@gmail.com). When cancelling after 31 July 2026, no fees will be reimbursed. Cancellations until 31 July 2026 will be charged a cancellation fee of €100 – the remainder of the participation fee will be reimbursed.

Hotels

Hotel alternatives close to the Congress Venue (10–400m)

- Scandic Paasi
- Hilton Helsinki Strand
- Scandic Hakaniemi

Note: The congress has not asked for reduced prices nor reserved places at these hotels



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