



Cassandra Downtin, PT, CLT, NLN Expert Clinician

Cassie has been a practicing physical therapist since 1993. She sought her Complete Decongestive Physiotherapy training back in 1996, at the Academy of Lymphatic Studies, with Guenter Klose as her instructor. She established the first lymphedema clinic in Greensboro, NC. She also started a class to teach about lymphedema, infection precautions, scar mobility and safe exercising after breast cancer. In 1998, she presented a case study at the NLN conference in San Francisco about using high stretch bandages with low stretch for patients who had paralysis.

In 2015, she suffered a spinal stroke after a spinal cord detethering surgery. With a full year of OT/PT to relearn how to walk again, and a year of interviewing/job hunting, she was asked to re-start the lymphedema outpatient clinic in High Point, NC. She has implemented the After Breast Cancer (ABC) exercise and education class that is offered weekly. She also has assisted in starting a local lymphedema support group, that has unfortunately since been abandoned since the pandemic. She participates in a Multi-disciplinary breast cancer clinic, has been a guest lecturer/lab teacher for lymphedema for physical therapy doctoral programs and PTA programs, as well as for community education like the YMCA LiveStrong program. She created a website for assisting her patients with bandaging or self-MLD to reinforce what is taught in the clinic. She was designated as an NLN expert clinician and taught a breakout session at the last NLN conference in Oct. 2023. She is a strong advocate for patients to learn how to be their own therapist, to use the techniques or tools that she offers and know what works best for them and their lifestyle.