



Jessica Sigal, PT, DPT, CLT

Jessica always knew that she was meant to help others, but didn't find the world of Physical Therapy until sidetracked by an injury in 2010. After some soul searching and a lot of late nights, she graduated from Hunter College-CUNY's Doctorate of Physical Therapy program in 2016. Soon thereafter, her employer was looking to add a new Certified Lymphedema Therapist to their roster and she jumped at the chance to take the Norton School of Lymphatics course. Little did she know that she would soon devote her career to helping those with Lymphedema and other oncology-related functional deficits. Further inspired by the 2019 National Lymphedema Network conference in 2019, she also began to volunteer for the NLN in 2024. Jessica is also a member of the American Physical Therapy Association's Oncology Section and Lymphedema Special Interest Group, Lymphatics Education and Research Network, and a wonderful Zumba network that helps her shake the stress away at the end of the day. She enjoys spending time outdoors with her family, exercising, and traveling.