

Michelle Sanderson, CMT, CLT

Clinical Lymphatic & Integrative Bodywork Specialist

9801 Fair Oaks Blvd.
Suite 200
Fair Oaks CA 95628
916-215-2605
msandersoncmt@aol.com
www.lymphworksbymichelle.com
Instagram: @lymphworks.michelle

Professional Summary

Michelle Sanderson is a Certified Massage and Certified Lymphedema Therapist with nearly three decades of clinical experience specializing in lymphatic disorders, complex chronic illness, post-surgical recovery, and oncology-informed care. Her work integrates manual lymphatic drainage, fascia-oriented scar therapy, craniosacral approaches, and nervous-system-informed touch to support medically complex and often vulnerable patient populations.

Her practice is grounded in clinical discernment, safety, and therapeutic presence, developed through years of working with individuals experiencing lymphedema, lipedema, cancer treatment and recovery, post-operative fibrosis, chronic inflammatory conditions, and long-term illness. She is frequently sought out by clients requiring highly individualized, medically informed care, often by referral.

Clinical Philosophy & Scope of Practice

Michelle approaches bodywork as both a clinical and relational discipline—one that requires technical skill, systems thinking, and ethical boundaries. Her work emphasizes:

- Respect for the complexity of the lymphatic, neurological, and fascial systems
- Trauma-informed and oncology-informed care principles
- Reduction of inflammatory burden and post-surgical complications
- Support for patients navigating chronic, degenerative, or life-altering illness
- Collaboration with medical providers when appropriate

Sessions are intentionally paced and structured to support nervous system regulation, tissue adaptation, and long-term functional outcomes rather than symptom suppression alone.

Professional Experience & Leadership

In addition to hands-on clinical work, Michelle brings extensive experience in:

- Designing and managing a specialized solo healthcare practice
- Navigating documentation, compliance, and referral-based care
- Educating clients and practitioners on self-lymphatic techniques
- Supporting patients through emotionally demanding treatment phases
- Teaching and assisting in oncology massage education programs

She has taught women's breast health and self-lymphatic drainage techniques since 2010 and has served as a teaching assistant in foundational and introductory oncology massage education since 2018.

Education

Bachelor of Arts, Healthcare Administration (In Progress)

California Coast University, Costa Mesa, CA

Associate of Arts, Biology

Fullerton College, Fullerton, CA

Alpha Gamma Sigma Honor Society

Upper-Division Coursework, Wildlife Management

Humboldt State University, Arcata, CA

Human Physiology Coursework

California State University, Fullerton, CA

Core Certifications

- Perrin Technique Licensed Practitioner – Dr. Raymond Perrin (2024)
- Certified Lymphedema Therapist – Klose Training Institute (2020)
- Manual Lymphatic Drainage Therapist – Klose Training Institute (2019)
- Certified Massage Therapist – Monterey Institute of Touch (2006)
- Craniosacral Therapist – Monterey Institute of Touch (2001)
- Certified Massage Practitioner – Monterey Institute of Touch (1997)

Advanced Clinical Focus Areas & Continuing Education

Michelle's continuing education reflects intentional, longitudinal development in specific clinical domains. Training is selected to support patient safety, clinical complexity, and evolving medical understanding.

Lymphatic & Central Lymphatic Dysfunction

- Certified Lymphedema Therapist – Klose Training Institute (2020)
- Manual Lymphatic Drainage – Klose Training Institute (2019)
- Lymphatic Drainage I – Upledger Institute (2007)
- Lymphatic Drainage II – Upledger Institute (2007)
- Lymphatic Drainage III – Upledger Institute (2011)
- Central Lymphatic Dysfunction (2023)
- Advanced Lymphedema Skill Builder Workshop (2023)
- Obesity and Obesity-Related Lymphedema & Lipedema (2022)
- LDT Applications to Viscera: Thorax & Abdomen (2024)
- Lymph, Fascia, and Primo-Vascular Systems (2024)

Lipedema, Fat Disorders & Chronic Inflammatory Conditions

- Fat Disorders Resource Society Conference (2024)
- Fat Disorders Resource Society Conference (2025)
- An Expert Opinion on Lipedema (2023)
- Lipedema Awareness for Massage Therapists (2022)
- Naturopathic Approach to Lymphatic Disorders (2021)

Post-Surgical Recovery, Fibrosis & Scar Tissue Remodeling

- Plastic Surgery Recovery & Fibrosis Massage (2020)
- Plastic Surgery Myofascial & Fibrosis Massage – Advanced (2021)
- Massage After Reconstructive Surgery (2020)
- Massage After Tummy Tuck (2022)
- Management of Post-Operative Recovery Surgery Procedures (2022)
- Scar Tissue Mobilization (2017)
- Scar Tissue Mobilization (2023)
- Restore: Understanding Scars (2023)
- Scar Tissue: Not Breakable, But Changeable (2025)
- Lymphatic & Fibrosis Massage Cupping After Liposuction (2021)

Oncology, Chronic Illness & Palliative-Sensitive Care

- Oncology Massage Infusion Center Intensive (2019)
- Foundations of Oncology Massage – Greet The Day (2016)
- Introduction to Oncology Massage – Teaching Assistant (2018–Present)
- Touch Therapy for the Critically, Chronically & Terminally Ill (2025)
- Breast Cancer–Related Lymphedema (2021)
- Head & Neck Lymphedema Certification (2022)
- Monarch Head & Neck Cancer Training (2020)
- Solutions for Breast Cancer Survivors (2021)
- Palliative Massage for People at the End Of Life (2026)

Nervous System, Craniosacral & Fascial Integration

- Craniosacral Therapy I – Upledger Institute (2001)
- Craniosacral Therapy II – Upledger Institute (2002)
- Craniosacral Therapist Certification – Monterey Institute of Touch (2001)
- Integral Anatomy Intensive (2010)
- Fascial Pelvis Myofascial Release (2023)
- Myofascial Bodywork: Working with Ribs (2009)

Neurological & Systemic Approaches

- Perrin Technique Licensed Practitioner (2024)
- Perrin Technique License to Practice (2024)
- Perrin Technique Three-Day Workshop (2025)
- Perrin Technique Licensed Practitioner Update (2025)
- Guide to Long COVID (2022)
- Blood Clots: Causes and Concerns (2022)

Adjunctive, Compression & Supportive Modalities

- Head to Toe Compression (2023)
- CircAid – The Inelastic Solution (2021, 2023)
- Medi University: Venous Wound Care (2021)
- Gentle Touch Massage in Home or Care Facilities (2024)
- Greet The Day Client Safety Course (2021)
- Principles of LED Therapy (2021)
- Aromatherapy Essentials (2018)

Teaching Experience

- Women's Breast Health & Self-Lymphatic Drainage Education (2010–Present)
- Teaching Assistant – Greet The Day: Foundations & Introduction to Oncology Massage (2018–Present)

Professional Memberships

- Society for Oncology Massage (2015–Present)
- National Lymphedema Network (2019–Present)
- Associated Bodywork & Massage Professionals (Current)
- California Massage Therapy Council (2015–Present)

Awards & Service

- Soroptimist International Ruby Award for Service to the Community (2010)
- Alpha Gamma Sigma Honor Society (1992)