

Aleksandra Rovnaya

Born in Leningrad, Russia, 1985.

Education:

2003 – graduated from high school with a golden medal.

2009 – graduated from St Petersburg State University, Medical Faculty, specialization “General Medicine” with red diploma.

2011 - graduated from clinical residency, First Pavlov Medical St Petersburg University, specialization “Rehabilitology, physiotherapy and sport medicine»

2012 – graduated from internship, St Petersburg State Pediatric University, specialization “Pediatrics”

2012 – graduated from St Petersburg Financial Economy University, specialization “Management in healthcare”

2009-2013 – certification courses, specializations: “Medical massage”, “Pediatric massage”, “Physiotherapy”, “Healthcare Management” (First Pavlov Medical St Petersburg University, St Petersburg State Pediatric University)

2014 – graduated from Jobst international courses – Complex decongestion therapy and measuring for flat knit compression garments – St Petersburg, Russia

2015 - graduated from international courses – Complex decongestion therapy (lymphedema management) – Foeldi clinic, Hinterzarten, Germany

2016 - graduated from advanced international courses – Complex decongestion therapy (lymphedema management) – Foeldi clinic, Hinterzarten, Germany

2013 & 2016 – graduated from certification courses «Kinesiotaping in medicine»

2018 - theoretical and practical course in conservative approach in lymphedema treatment and liposuction for lymphedema patients (Sweden, K.Johansson, H.Brorson)

2018 - theoretical and practical course in lymphatic microsurgery in live animal model (Spain, RMES, J.Masia, I.Koshima, C.Campisi)

2018 - passed a workshop of Foeldi college in the UK

2019 - cadaver course in lymphatic microsurgery (Spain, RMES, J.Masia, J.P.Hong, H.Brorson)

Medical career:

2011-2017 – rehabilitologist for adults and children, specialist in rehabilitation for children with congenital pathology (MSU №3 Baltiyskiy zavod)

Since 2013 till nowadays - specialist in compression therapy, chief medical consultant for BSN Jobst distributor in Russian Federation.

2014-2016 – depute director of “Association of the private clinics of St Petersburg”

Since 2014 till nowadays – active specialist in lymphology (consultations, conservative treatment, follow-up), working with adults and children

Since 2015 till nowadays - member of the executive committee of Russian Association of lymphologists

Since 2015 till nowadays - author and teacher of "School for patients" project for patients after oncology treatment (Russia St-Petersburg State Medical University n.b.ac.I.P.Pavlov, Romania, Bulgaria, Malta)

Since 2015 till nowadays – organizer and speaker of lymphedema conferences and events in Russia – annual LIMPHA conference , St Petersburg phlebological forum, Oncomammology conference, etc.

Since 2016 till nowadays – teacher, instructor and author for conservative lymphedema treatment courses (MLD, compression therapy, kinesiotaping), compression garment measurement and fitting courses, performing in Russia and Europe (Romania, Czech Republic, Greece, Cyprus, Turkey, Malta, etc.) - St-Petersburg State Medical University n.b.ac.I.P.Pavlov, LIMPHA-Training, Limfedem Romania, etc.

Key opinion leader in compression therapy in Russia

Since 2017 – member of International Lymphology Society

2018 - winner of the scientific committee choice with the oral report on the European Lymphology congress (Prague, Czech Republic)

2019 - organizer of practical course in liposuction for lymphedema treatment for russian surgeons in Sweden, Malmo (H.Brorson)

Since 2019 - full board member of European Lymphology society

2019 – winner of the Presidential Prize of the International Lymphology Society World Congress (Buenos-Aires, Argentina)

Since 2019 – Administrative Director of the Russian Lymphology Association

Since 2020 – Ambassador of St Petersburg in Lymphology (Administration of St Petersburg)

Since 2021 – Chairman of the Russian Chapter of LE&RN, Coordinator of the World Lymphedema Day Russia

Since 2021 – founding member and Russian representative of the International Lipedema Framework