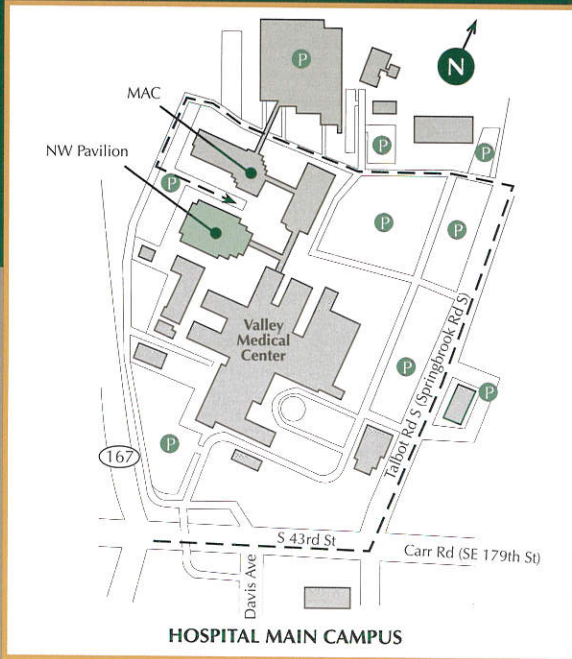


## Payment Options

The insurance verification and authorization staff at Valley Medical Center will assist you with your insurance coverage. You may also contact your insurance company directly regarding your policy's specific coverage components.



**VMC Hand Therapy Clinic**  
Northwest Pavilion, Ground Floor  
400 S 43rd St  
Renton, WA 98055  
425.656.4049

### *Driving Directions:*

Take I-5 North. Then take Highway 167 South to the first exit (South 41<sup>st</sup>/180<sup>th</sup> Street) and turn left at the light at the end of the off-ramp. Turn left onto 43<sup>rd</sup>/180<sup>th</sup> Street. Proceed straight to the top of the hill and turn left at the 2<sup>nd</sup> light onto Talbot Road South. Turn left at the third entrance of VMC's campus and proceed down the hill. The Medical Arts Center (MAC) is on your left and the parking garage is on your right. Continue driving, pass under sky bridge and take the first left into our parking area.

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 Valley Medical Center

Lymphedema Management Program  
400 S 43rd St  
PO Box 50010  
Renton, WA 98058-5010

National Lymphedema  
Network Sponsoring  
Treatment Center

## Lymphedema Management Program



 Valley Medical Center  
Rehabilitation Services

## What is Lymphedema?

Lymphedema is characterized by swelling and fluid accumulation in the head, arm, leg, and/or trunk.

The first signs of lymphedema are:

- ◆ Heaviness
- ◆ Aching
- ◆ Burning
- ◆ Stiffness
- ◆ Tight clothing or jewelry

Lymphedema has a variety of causes, including:

- ◆ Surgery
- ◆ Trauma
- ◆ Radiation
- ◆ Chronic venous problems
- ◆ Heredity

Because early treatment is crucial, it is imperative that individuals in high-risk situations understand the symptoms and implications of lymphedema.

## To Make an Appointment

For ongoing treatment and payment by your insurance carrier, a referral from your healthcare provider is required. Discuss your concerns with your provider and ask for a therapy referral for Lymphedema Management.

The Lymphedema Management Program is part of Valley Medical Center's Rehabilitation Services and is open Monday through Friday from 7:30 am to 5:00 pm.

To schedule an appointment, call 425.656.4049.

## How Lymphedema Is Treated

If you discover that you have lymphedema, the rehabilitation team at Valley can help you to decrease the swelling and discomfort that you experience. Lymphedema is most effectively managed with a combination of treatments called Complex Decongestive Therapy. This internationally recognized approach consists of the following treatments:

- ◆ Manual lymph drainage to stimulate and redirect lymph flow through specialized massage
- ◆ Compression with bandaging, garments, and occasionally pumps
- ◆ Exercise to assist the muscle pump to move fluid and to improve motion and strength
- ◆ Skin care to maintain healthy tissue and prevent infection

Skilled therapists, certified by a 175-hour training course, provide this specialized care. They will design a program to meet your needs, whether it's for early management and education or intensive daily therapy.

## Because We Want You To Understand Your Own Body

The Lymphedema Management Program is dedicated to educating you about your condition and teaching you



how to manage it independently. While lymphedema is a chronic condition, it is very manageable,

especially in its early stages. Our program will educate you in areas such as self-massage, exercise, and use of appropriate compression. We also provide information about community resources and prevention strategies.

We encourage you to bring a family member or friend to your treatment sessions so they can learn about your condition and assist you as needed.



## We're here to help.

CoxHealth Rehabilitation Services offers evaluation and treatment of lymphedema. Equally important, we provide information, education and support as people respond to challenges of living with and successfully managing the condition.

We are a proud sponsor of the National Lymphedema Network, which serves as a national source for information and treatment referral.

For further information or to refer a patient for evaluation and treatment, please contact CoxHealth Rehabilitation Services at:

### **Branson Outpatient Therapy Services**

890 State Hwy. 248  
Branson, MO 65616  
417/269-2370

### **The Meyer Center**

3545 S. National Ave.  
Springfield, MO 65807  
417/269-9020  
1-800-790-3980

### **North Rehab Therapy**

1423 N. Jefferson Ave.  
Springfield, MO 65802  
417/269-3177

### **Republic Therapy Services**

830 Illinois Ave.  
Republic, MO 65738  
417/269-1900



[coxhealth.com](http://coxhealth.com)

# Outpatient Lymphedema Therapy Services

- Treatment
- Information
- Education
- Support



## What is lymphedema?

Lymphedema is a condition resulting in swelling of one or more limbs and often the corresponding quadrant of the trunk, caused by the disruption of the lymphatic system. It is a chronic, often progressive disorder that places one at risk for a grossly enlarged limb and skin infections.

## What can cause lymphedema?

The condition may occur following some surgeries, trauma, disease or radiation therapy, which results in damage to the lymph system. Occasionally it is due to congenital absence or malformation of the lymphatic system. Conditions that may result in lymphedema include:

- cancer or cancer surgery, including lymph node removal
- cardiac bypass surgery with vein graft harvest
- venous insufficiency
- deep vein thrombosis
- obesity.

## Is there a cure?

Presently there is no cure for lymphedema. Effective management is possible through clinical treatment, education and individual efforts at home.



## What is involved in lymphedema treatment?

A highly effective treatment is known as complete decongestive therapy (CDT). This state-of-the-art treatment, recommended by the International Society of Lymphology, often includes two to four weeks of treatment and the independent use of compression garments at home.

### Key treatment components:

- manual lymph drainage
- compression bandaging
- skin care
- exercise
- compression garment fitting.

## What are treatment results?

With treatment adherence and use of compression garments, results include:

- maintained reduction of swelling to normal or near normal size
- wound healing and reduced risk of skin infections
- softened skin texture and improved skin health
- improved functioning of the affected limb
- improved quality of life through effective swelling control.

## Where is treatment available?

Treatment for lymphedema is available at multiple locations within CoxHealth. Services are available with a physician referral and scheduled appointment. CoxHealth lymphedema therapists are trained with more than 125 hours of lymphedema education and are fully qualified to perform physical or occupational therapy evaluation and treatment. CoxHealth has provided treatment for lymphedema and edema-related disorders since 1996.



## What are some criteria for inpatient treatment?

- Have disability related to lymphedema, including changes in walking, movement, bathing, dressing and toileting.
- Have non-healing wounds in association with lymphedema.
- Need daily intensive therapy from two or more disciplines.
- Need 24-hour rehabilitation nursing and medical oversight.
- Able and motivated to participate in a minimum of 3 hours of treatment a day.
- Have potential for significant functional improvement and successful return to the community.
- Agree to financial obligations that may not be covered by insurance.
- Have potential to be independent in putting on and removing compression garments or have a caregiver who can assist.

## Inpatient admission process

Our rehabilitation screener will review your medical records and let you know of our admission decision. We also will handle your insurance pre-authorization. An admission time and date will be coordinated with you and any other providers involved in your plan of care if you are appropriate for our inpatient program.

## To schedule an appointment

For outpatient treatment or evaluation, call 360/493-7451.

## For questions or evaluation of our inpatient program

Call 888/492-9480 ext. 37646, or e-mail [awilkinson@providence.org](mailto:awilkinson@providence.org) or fax 360/493-4457.

## For more information

Please call NursePLUS, 360/493-4111. TDD for hearing impaired, 360/493-7255.

## Or write to us at

Providence St. Peter Hospital  
Physical Medicine and Rehabilitation Center  
413 Lilly Road N.E.  
Olympia, WA 98506-5166

## Look for us on the Web!

[www.providence.org/swsa](http://www.providence.org/swsa)

Providence St. Peter Hospital is an equal opportunity employer and provider of health care services.



*Printed on recycled paper*

Providence St. Peter Hospital

# Lymphedema Rehabilitation



Providence | St. Peter  
Hospital

## What is lymphedema?

Lymphedema is swelling of a body part (face, neck, trunk, genitals, arms, legs, etc.) caused by an abnormal accumulation of lymph fluid. Lymphedema is caused by an imbalance between the normal amount of lymph fluid and reduced capacity that the vessels are able to transport. This results in an accumulation of protein-rich fluid.

## Primary vs. secondary lymphedema

Primary lymphedema is due to congenital malformations of the lymphatic system. It can be present at birth or develop later in life. It is more common in females and usually appears in the legs.

Secondary lymphedema is caused by an inadequate lymphatic drainage system, generally due to constriction or obliteration resulting from surgery, radiation, trauma or infections. Secondary lymphedema may appear 10 to 20 years or more after surgery or radiation. The risk of developing lymphedema is always present.

## Symptoms of lymphedema

- Full sensation of the limb
- Skin feeling tight
- Decreased flexibility
- Swelling in specific area

### Severe Cases:

- Thickening of skin
- Hardening of limb
- Leakage of lymph
- Massive swelling

*\*Do not ignore even the slightest swelling!  
Seek medical treatment immediately.*

## What do we provide?

We provide the most up-to-date treatment available called complete decongestive therapy (CDT). It consists of:

- Manual lymph drainage (MLD)
- Compression bandaging
- Exercises
- Compression garments
- Skin care/self care
- Maintenance program

## How do you get started?

We welcome your inquiries about our lymphedema treatment programs. This may be done in person, on the phone, by fax or e-mail. We provide treatment to both adult and pediatric populations in our outpatient program. Our inpatient programs primarily are oriented to adults, but we do include adolescents on a case-by-case basis. All cases are reviewed to ensure you are referred to the appropriate level of care. Treatment recommendations may involve hospitalization, a stay in a skilled nursing facility, home health, outpatient rehabilitation or acute inpatient rehabilitation. Some treatment plans involve a combination of these health care providers.

## Outpatient services

Most insurance companies require a physician order to evaluate and treat. Our staff will work with you, your family and your physician to develop a personalized and confidential plan for your care.

## Inpatient lymphedema rehabilitation

We also provide intensive therapy on an inpatient level for primary and secondary lymphedema that is not responding to outpatient or home health treatment. We are here for your 24-hour-a-day needs while in the program and while preparing you for a successful return to the community.

## Our lymphedema rehabilitation team consists of...

- Physiatrists (physicians who specialize in physical medicine and rehabilitation)
- LANA-certified lymphedema therapists
- Rehabilitation nurses
- Wound care specialists
- Occupational therapists
- Physical therapists
- Recreational therapists
- Social workers
- Admissions coordinators
- Discharge planners
- Chaplains
- Therapists certified in custom garment fitting
- Financial counselors
- Experts in durable medical equipment
- Psychologists
- Registered dietitians

## Features of our facility...

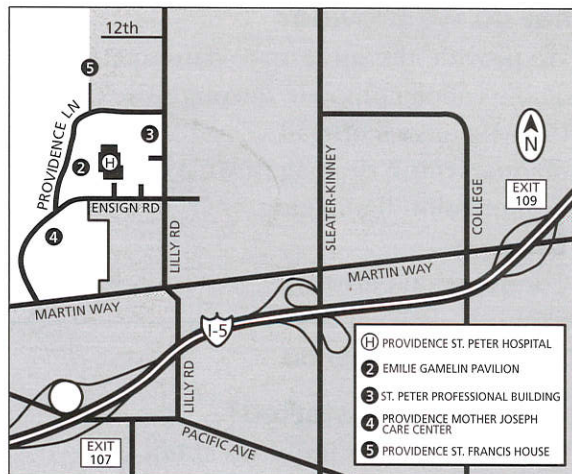
- CARF and JCAHO accreditation
- Accessible patient rooms
- Patient kitchen, fully equipped workshop, computer room
- Patient-accessible laundry
- Dining-day room
- Quiet treatment rooms for one-to-one work with a therapist
- Wheelchair accessible gardening area
- Solarium and games area for time with family members
- Classroom/support group meeting areas
- Library of educational materials and videotapes
- Aquatic therapy – indoor pool
- Full hospital support, including MRI, PET scanner and CT scanner
- Transitional living facilities on campus for outpatient treatment prior to discharge to your community

## What are some criteria for inpatient treatment?

- Have disability related to lymphedema, including changes in walking, movement, bathing, dressing and toileting.
- At risk for or have non-healing wounds in association with lymphedema.
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- Need 24-hour rehabilitation nursing and medical oversight.
- Able and motivated to participate in a minimum of 3 hours of treatment a day.
- Have potential for significant functional improvement and successful return to the community.
- Agree to financial obligations that may not be covered by insurance.
- Have potential to be independent in putting on and removing compression garments or have a caregiver who can assist.
- Be able to stand for short periods.
- Estimated BMI of <50.

## Inpatient admission process

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## For more information

Please call 360/493-7646.  
TDD for hearing impaired, 360/493-7255.

Or write to us at:  
Providence St. Peter Hospital  
Physical Medicine and Rehabilitation Center  
MS# 01B02  
413 Lilly Road N.E.  
Olympia, WA 98506-5166

## Find us on the web!

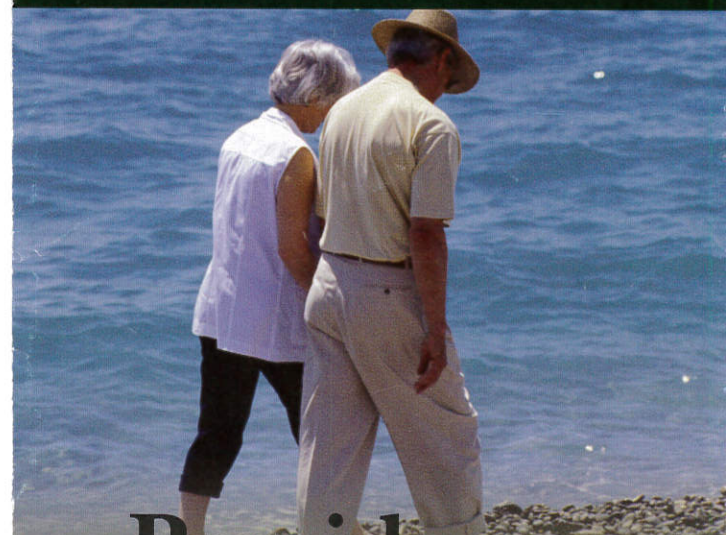
[www.providence.org/swsa](http://www.providence.org/swsa)  
(look under services)



Providence | St. Peter  
Hospital

A caring difference you can feel

# Lymphedema Rehabilitation



# Providence

St. Peter Hospital

A caring difference you can feel

## What is lymphedema?

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- Discharge planners
- Chaplains
- Therapists certified in custom garment fitting
- Financial counselors
- Experts in durable medical equipment
- Psychologists
- Registered dietitians

## Features of our facility ...

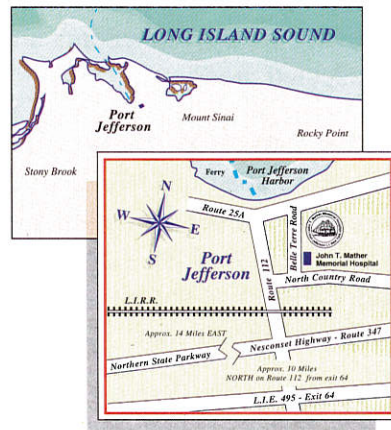
- CARF and JCAHO accreditation
- Accessible patient rooms
- Patient kitchen, fully equipped workshop, computer room
- Patient-accessible laundry
- Dining-day room
- Quiet treatment rooms for one-to-one work with a therapist
- Solarium and games area for time with family members
- Classroom/support group meeting areas
- Library of educational materials and videos
- Aquatic therapy – indoor pool
- Full hospital support, including MRI, PET scanner and CT scanner
- Transitional living facilities on campus for outpatient treatment prior to discharge to your community



Following an initial program of therapy, all patients will be re-evaluated. A long-term course of treatment will be decided upon in consultation with the physician. Depending on the severity of the condition, lymphedema treatment will continue at greater intervals for some, lesser intervals for others. Remember that lymphedema is a chronic condition, and must be managed for life. Conditions that can benefit from Complete Decongestive Therapy include: Primary and Secondary Lymphedema, Reflex Sympathetic Dystrophy, Venous Insufficiency and Trauma.

## *The Lymphedema Treatment Center*

at John T. Mather Memorial Hospital



*The Lymphedema Treatment Center is across the hall from the Physical Therapy Department at John T. Mather Memorial Hospital. The Hospital is located in scenic Port Jefferson. The Port Jefferson Long Island Rail Road station is one-quarter mile from the hospital. By car, the Hospital is easily accessible by the Long Island Expressway and the Northern State Parkway*

### *Our Therapists*

CDT treatment is provided by Mather Hospital's Department of Physical Therapy. All therapists at the Lymphedema Treatment Center are certified by the Lymphology Association of North America.



### *How can I get more information?*

To learn more about lymphedema, or if you or a loved one have been advised to seek treatment for lymphedema, speak to your doctor, or call:

***The Lymphedema Treatment Center***  
**at John T. Mather Memorial Hospital**  
**(631)-476-2737**

# *The Lymphedema Treatment Center*

at John T. Mather Memorial Hospital



75 North Country Road • Port Jefferson  
 New York 11777 • (631) 476-2737  
[www.matherhospital.org](http://www.matherhospital.org)



75 North Country Road • Port Jefferson  
 New York 11777 • (631) 476-2737  
[www.matherhospital.org](http://www.matherhospital.org)

# Welcome to the Lymphedema Treatment Center

at John T. Mather Memorial Hospital

## What is Lymphedema?

All of us produce proteins in the tissues of our bodies. Usually these proteins, along with excess cells and water, are carried away by our circulatory or lymph systems. If these systems are damaged, the proteins, cells and water begin accumulating in the body's soft tissue, which results in swelling. The swelling, usually in an extremity, is called lymphedema.

Although, lymphedema is a chronic condition, with proper care and treatment, it can be managed.

## How, can the Lymphedema Treatment Center help?

The Lymphedema Treatment Center at Mather Hospital uses a specially designed program to help patients manage lymphedema. It's called Complete Decongestive Therapy, or (CDT). This is a non-invasive treatment program consisting of four parts.

### PART ONE

## Manual Lymphatic Drainage (MLD)

This is a "hands on" manipulation of both the body tissue with lymphedema and adjacent selected areas.

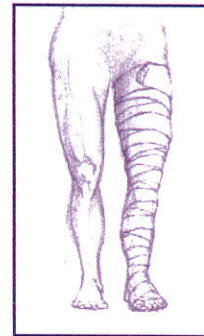
The therapist uses gentle pressure to empty and decompress obstructed lymph vessels. Such therapy facilitates the unhindered flow of the lymph fluid into the venous circulation and allows the limb to return to normal or near normal size.

### PART TWO

## Compression Bandaging

Once the MLD treatment is completed, the area is wrapped with layers of compression bandages.

This helps the affected area maintain its reduced size.

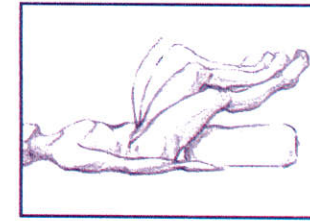


### PART THREE

## Exercise

With the bandages in place, the patient will exercise to strengthen the muscles and improve lymph and circulatory system function.

Active muscles enhance the process of pumping proteins, cells and water away from areas affected by lymphedema. The compression bandages provide support



to the muscle's "pump system," prompting the absorption of excess lymphatic fluid.

### PART FOUR

## Skin Care and Education

Patients with lymphedema are at high risk for infection, so proper skin care and nutrition are critical to success.



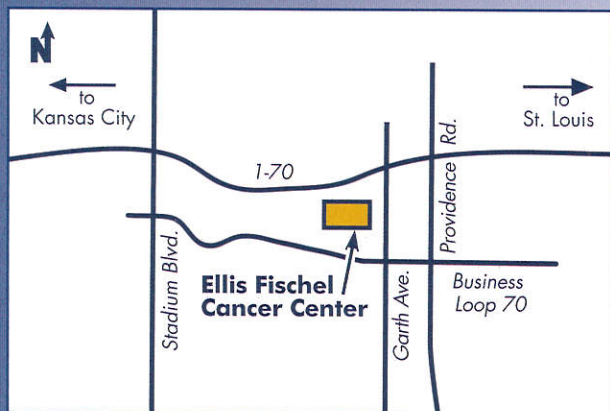
That's why the CDT treatment includes individualized education sessions.

Patients become proficient in CDT techniques: wrapping, exercises and skin care to continue after completion of treatment.

## How long does treatment at the Lymphedema Treatment Center take to complete?

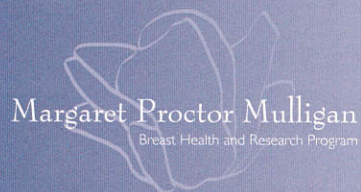
Every patient is unique, so the specific course of treatment of each patient varies.

However, after an initial referral to the Lymphedema Treatment Center, patients should expect to be treated five days a week, for a period of two to six weeks. The treatment used will be the CDT program described in this brochure, and will include individualized instruction in self-care.



Contact us:  
 (573) 882-4946  
 www.ellisfischel.org

Lymphedema Therapy Program  
 Ellis Fischel Cancer Center  
 115 Business Loop 70 West  
 Columbia, MO 65212



**Ellis Fischel  
 Cancer Center**  
*University of Missouri Health Care*  
 Lymphedema Therapy Program  
 115 Business Loop 70 West  
 Columbia, MO 65212

# Understanding Lymphedema

*Lymphedema Therapy Program*



## What is lymphedema?

Lymphedema is a swelling of a body part, usually an arm or leg, often following surgery where lymph nodes are removed, or if a patient undergoes radiation or experiences trauma to a limb.

Sometimes lymphedema occurs without a known cause. Lymphedema affects males and females in all age groups.

## What are the signs of lymphedema?

- tightness of your jewelry or shoes
- difficulty buttoning cuffs
- a feeling of heaviness
- a noticeable swelling



## The treatment includes

### *Evaluation . . .*

provided by a therapist with specialization in the management of lymphedema

### *Treatment . . .*

consisting of manual lymphatic drainage massage, compression bandaging, exercise and education to reduce the swelling and prevent recurrence

### *Follow-up . . .*

occurs after the swelling is reduced and a compression garment has been fitted specifically for that extremity

### *Questions?*

call your therapist at (573) 882-4946 with any questions or concerns

## Referrals

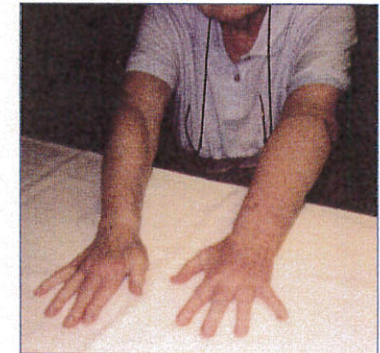
### *How do I get a referral for lymphedema treatment?*

Talk to your physician. Your physician can refer you to the Lymphedema Therapy Program at Ellis Fischel Cancer Center.

If you have a question about the program, please call (573) 882-4946 and ask to speak to one of our lymphedema specialists: Vickie Parker, a licensed occupational therapist, or Karen Wingert, a licensed physical therapist and registered nurse.



before treatment



after treatment

Is there anything I can do to ease the swelling?

*Fortunately, the answer is yes!*

There is a comprehensive and effective treatment for people suffering from lymphedema. Feel good again. Our staff of caring professionals can help you get back on track.

Is there a local support group?

Yes. Contact Julie Peterson, a registered nurse, at (573) 814-2968 to learn more about the Mid-Missouri Lymphedema Network.

## *About Your Therapist*

Hallie Aldridge is a graduate of LA County/USC Medical Center School of Nursing and the University of Nebraska, majoring in Psychology and Sociology. Her strong background in holistic therapy is demonstrated by the multiple disciplines in which she has studied and practiced.

Among her qualifications are:

US Air Force Flight Nurse  
Certified MLD/CDP Therapist  
Certified Clinical Hypnotherapist  
Certified Massage Practitioner  
CranioSacral Therapist  
Reiki Master  
Therapeutic Touch  
Bio-Magnetics  
Attitudinal Healing  
Facilitative Mediation

## *Mission Statement*

To bridge Western medical models to holistic healing approaches. To provide the necessary physical treatment while honoring and empowering the individual's ability for self-healing. To remain dedicated to providing heart-centered care in a nurturing environment.

## *Who We Are*

### *Lymphedema Treatment Center*

is a nurse owned treatment center and under direct medical guidance. We specialize in the treatment and education of the patient with Lymphedema. The therapy used is Complete Decongestive Physiotherapy (CDP), which consists of:

Manual Lymph Drainage (MLD)  
Compression Therapy  
Skin Care, Nutrition & Exercise  
Education for self-care

### *Lymphedema Treatment Center*

is a full service center. Compression garments and fitting by a certified fitter are available in both standard and custom sizes. Circaid, Legacy, Reid Sleeve and compression bandage supplies are available as well. We take time to properly fit and educate the customer.

We look forward to serving you!

### *Lymphedema Treatment Center*

6620 Coyle Ave, Suite 305  
Carmichael, CA 95608

916-966-2213

# *Lymphedema Treatment Center*

*Hallie Aldridge, RN  
MLD/CDP Therapist*

*Robert A. Wiemer, MD*





## *Lymphedema*

**Lymphedema** is a serious condition indicating that the lymph system is unable to function effectively. It is manifested by an abnormal accumulation of protein rich fluid in a body part (swelling). It is a chronic and progressive disease that continues to worsen over time when not treated.

### *Things To Do*

Maintain an excellent diet  
(low salt, low fat, high fiber)

Keep your weight within normal range

Maintain meticulous skin and nail care

Sleep with limb wrapped or elevated  
(Not both)

Maintain an effective exercise program

Wear gloves while doing housework or gardening

Wear compression sleeve or bandage  
when flying

Maintain a positive attitude

Seek immediate medical treatment for any infection or swelling. Do not ignore even the slightest swelling. Seeking early medical treatment improves both the prognosis and condition.

### *Symptoms*

Swelling of the limb

Heaviness and limitation of movement

Repeated infections

Skin thickening or hardening

Discomfort

Lymphedema is usually compatible with a normal and active lifestyle, though some changes will be necessary. Therefore, treatment should be started as soon as possible.

### *Things To Avoid*

**Any skin puncture to affected limb**  
(needle punctures, insect bites, razor or pet scratches)

**Temperature extremes** (hot baths, showers, saunas, hot tubs, sunbathing, any kind of burn)

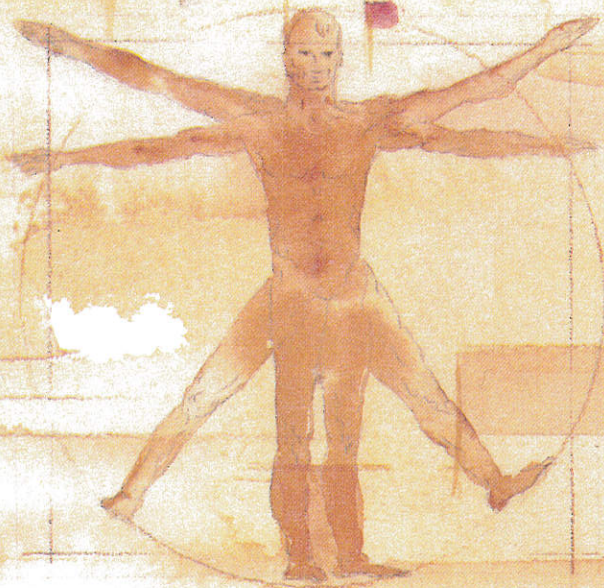
### **Alcohol or Nicotine**

**Blunt trauma** (for arms, don't lift more than 15 pounds, avoid over-the-shoulder straps, wear padding on bra straps, avoid heavy breast prostheses, tight clothing, constricting jewelry, and avoid repetitive motions against resistance like golf or tennis)

Avoid anything that may increase the lymphedema or possibility of infection

### *Treatment*

MLD is a very gentle manual treatment technique that stimulates the body to empty and decongest the swollen tissue. Compression bandages are applied at the end of each treatment to prevent the reaccumulation of evacuated lymph fluid. Education for self-care is of prime concern to us. With proper education and compliance the client should be able to keep the limb decongested, thus reducing risk of infection, discomfort, and swelling.



ALLIANT THERAPY GROUP &  
STAY STRONG THERAPIES LLC



CONVENIENTLY LOCATED BETWEEN  
I-94 AND HWY-16

1190 RICHARDS ROAD, SUITE 1  
HARTLAND, WI 53029  
262-367-3700



**ALLIANT**  
PHYSICAL THERAPY GROUP

**MILWAUKEE COUNTY**

OAK CREEK: 414-761-9590  
MILWAUKEE NW: 414-438-3177  
SHOREWOOD: 414-962-8480  
GLENDALE: 414-422-4678

**KENOSHA COUNTY**

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**ALLIANT**  
PHYSICAL THERAPY GROUP



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YOUR BETTER CHOICE



**LYMPHEDEMA  
CARE**



**VICTORIA MAGNAN  
O.T.R., C.L.T.**

Vicki Magnan has over 15 years of experience working with patients in the following settings:

- **Rehabilitative**
- **Med-Surgical**
- **In-Patient/Out-Patient Therapies**
- **Assisted Living**
- **Pediatrics**

She was trained by the Lymphedema Specialist Guenter Klose, who graciously shares his more than 25 years experience in the field of Lymphedema. Vicki uses Complete Decongestive Therapy (CDT) to help her patients with Lymphedema. She adds her KinesioTaping skills to these treatments to achieve the best results for her patients.

**WHAT IS LYMPHEDEMA &  
HOW DOES IT OCCUR?**

- Lymphedema is a build-up of fluids (lymph) that can occur anywhere in the body, the result being inflammation.
- Lymphedema can result from:
  - **Cancer Related Surgeries & Therapies**
  - **Healing from Orthopedic Injuries/Surgeries**
  - **Strokes**
  - **Trauma (ex: Work-Related Injuries, Car Accidents)**

**TREATMENT OPTIONS**

Vicki uses a Combination Therapy Approach: Complete Decongestive Therapy (CDT) consists of:

- **Manual Lymphatic Drainage (MLD)**
- **Compression Bandages/Garments**
- **Exercise**
- **Skin Care**

Lymphedema cannot be cured, but it can be **TREATED** and **MANAGED**. Let Vicki show you how **TODAY!**

**LYMPHEDEMA CARE**

Vicki will assist you in ALL ASPECTS of LYMPHEDEMA CARE.

- Latest information on compression garments, pneumatic compression pumps and short-stretch bandages.
- Self-Care plans.
- A variety of resources on Lymphedema.
- Information on support groups.
- Exercise plans unique to each individual, PLUS group exercise classes.
- Teaching patient and/or Caregiver Independence in Self-Cares and bandaging.

**KINESIO TAPING**

Vicki is also certified in KinesioTaping. This is a nice adjunct she has found that can assist in breaking up scar tissue for those that suffer from radiation scarring or any past scarring. The KinesioTaping can work in decreasing inflammation, assisting in lymphatic fluid flow and assist those with sports injuries. If you have questions regarding KinesioTape or Lymphedema, call Vicki today at **262-367-3700**

**VICKI MAGNAN IS THE OWNER OF  
ALLIANT PT – HARTLAND  
& STAY STRONG THERAPIES, LLC.**

She accepts most insurance plans and looks forward to being at your side, through every step of your treatment. Let her develop a treatment plan for you that will specifically meet your needs and allow you to live a more happy, healthy, independent life!



**ALLIANT**  
PHYSICAL THERAPY GROUP  
YOUR BETTER CHOICE

**CALL FOR AN APPOINTMENT TODAY  
AND LET VICKI ASSIST YOU!  
262-367-3700**



## ARE YOU AT RISK?

Lymphedema most commonly follows a surgical procedure in which there has been removal of or damage to the lymph nodes or vessels.

If you have been exposed to any of the following procedures or situations, you may be at risk for developing lymphedema.

- Biopsy of inguinal lymph node
- Breast surgery, Prostate surgery
- Radiation treatment, Chemotherapy
- Other surgery involving lymph nodes
- Broken limbs from accidents
- Hernia repair
- Venous insufficiency
- Severe infection
- Other medical procedures involving the lymphatic system

## PRECAUTIONS

- Never have blood drawn or blood pressure cuffs on an affected limb
- Avoid lifting heavy objects such as luggage or purses
- Avoid heavy breast prostheses
- Avoid tight clothing, especially undergarments
- Avoid hot baths, hot showers, hot tubs, saunas
- Use care with rings, watches, bracelets, which can be constrictive
- Use sunscreen to minimize dangerous skin exposure
- Use electric razors to prevent razor nicks and cuts
- Be aware that infections can result from insect bites, manicures, pedicures, skin punctures, cuts, pet scratches, gardening, etc.
- When traveling, always wear a compression garment or bandages. On plane trips over 1 hour, it is suggested that you get up and move around in the aisles as much as possible. In a car, stop and walk around for a few minutes every hour.

*Note: Always refer to your physician for complete medical advice and treatment plans. This brochure is not intended to substitute for medical care.*

## **THE LIGHTHOUSE LYMPHEDEMA NETWORK**

The Lighthouse Lymphedema Network is a non-profit 501C3 organization. All donations to the LLN are tax-deductible. Donations may be sent to the address below.

Patients, family members, therapists, vendors, and other outside support keep our group energized to reach our goals of education, awareness, and providing support. Through group meetings, newsletters, educational/awareness events, publicity, participation in medical events and fundraisers such as the Walk for Lymphedema, the LLN promotes interest in a serious medical condition. Through the efforts of the Lighthouse Lymphedema Network, October 22nd has been declared the State of Georgia annual Lymphedema Education and Awareness Day.

The LLN always welcomes new members to become involved in helping us to achieve our goals.

Become active!  
Become an advocate!  
Become a contributor by serving  
on one of our many committees!  
You can make a difference!

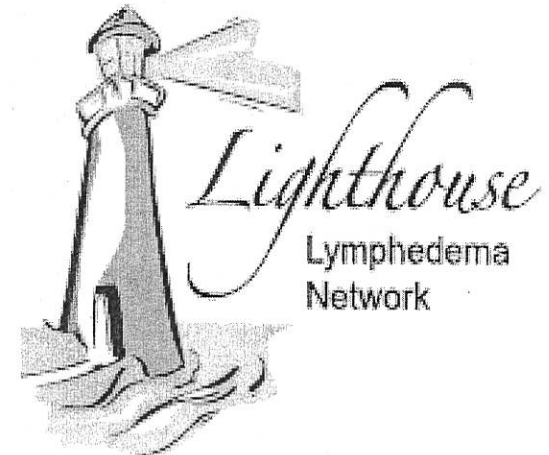
Please contact us at:

## **LIGHTHOUSE LYMPHEDEMA NETWORK**

**10240 Crescent Ridge Drive  
Roswell, GA 30076  
Phone 770-442-1317**

**For information:  
[www.lymphedemalighthouse.org](http://www.lymphedemalighthouse.org)**

## **SHEDDING LIGHT ON LYMPHEDEMA**



**[www.lymphedemalighthouse.org](http://www.lymphedemalighthouse.org)**

## WHAT IS LYMPHEDEMA?

Lymphedema is swelling of a body part caused by an abnormal accumulation of fluid, proteins, and cellular waste in the tissues under the skin. It occurs when there is a problem in the lymphatic system such as:

- failure of lymph vessels to develop properly
- damage to lymph vessels by trauma, surgery, or infection
- removal or destruction of lymph nodes, usually during treatment for cancer

Lymphedema can be a painful and disfiguring condition. It can lead to decreased mobility, repeated episodes of infections (cellulitis, erysipelas, lymphangitis), and depression, and require constant medical care and expense. Severe cases involve thickening of the skin, hardening of the tissues (fibrosis), leaking of fluid, massive swelling, and skin changes such as warty growths. The extreme version of lymphedema is called elephantiasis, when the affected limb becomes enormous and distorted, with drastic changes in the skin and tissue.

Even when the degree of lymphedema is relatively mild, it can make wearing regular clothes more difficult, limit activities, and increase the risk for infections. Because lymphedema is a chronic progressive condition, even mild cases can eventually escalate and have serious consequences if not properly treated.

## THE LYMPHATIC SYSTEM

The lymphatic system consists of a network of vessels carrying lymph fluid to lymph nodes. The lymph vessels are located all over the body (usually next to veins), and transport lymph fluid – the excess fluid in the tissues which is filled with proteins, white blood cells, germs, and cellular waste products. This fluid is carried up to the lymph nodes where it is filtered and detoxified, before being returned to the blood stream.

There are 500-1000 lymph nodes located all around the body:

- The neck (supraclavicular and cervical)
- The armpits (axilla)
- Along the windpipe (tracheal)
- Adjacent to the lung (bronchial)
- In the chest cavity (thoracic)
- Along the intestine (abdominal)
- Behind the abdominal cavity (retroperitoneal)
- The pelvic/groin area (inguinal)

Lymph tissue is also found in the tonsils, spleen, intestinal wall and bone marrow.

## WHAT CAUSES LYMPHEDEMA?

There are two general types of lymphedema:

**Primary Lymphedema** usually appears without obvious cause, or after a minor traumatic event or an infection. It can happen at any age, but is due to a genetic abnormality, usually involving malformed or missing lymph vessels. This condition may be familial.

**Secondary Lymphedema** is an acquired condition resulting from loss or obstruction of previously normally functioning lymph pathways. It often occurs after a surgical procedure where lymph nodes or lymph vessels have been removed or damaged. Surgery and/or radiation for cancer treatment is one of the most common causes. People who have had treatment for breast cancer, melanomas, prostate cancer, ovarian, cervical, or uterine cancer, or lymphomas are all at risk, although the swelling may not appear until months or even years later.

The rate of progression of lymphedema varies with temperature, humidity, activities, and the number of infections or complications.

In the case of arm lymphedema developing after axillary surgery and/or radiation therapy, the lymphedema is often more distressing to the person than the mastectomy or lumpectomy, because the person must deal with lymphedema and its complications for life.

In the legs, lymphedema is more distressing, because people must deal with a variety of special problems, such as a different shoe size for each foot, difficulty walking, excessive fatigue from heavy lower extremities, back pain, diminished agility, and feeling forced into a sedentary lifestyle.

Worldwide, the most frequent cause of lymphedema is a parasitic infection called filariasis.

## A NEW DIAGNOSTIC TEST FOR LYMPHEDEMA

Although most cases of lymphedema are diagnosed on a patient's history and clinical findings, **lymphoscintigraphy (isotope lymphography)** is now considered to be the best technique for evaluating lymphatic function, and for differentiating causes of lymphedema. It is minimally invasive and does not damage the lymph vessels as they are being visualized.

## TREATMENT FOR LYMPHEDEMA

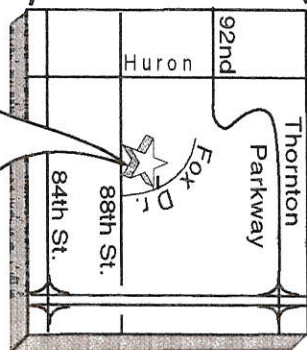
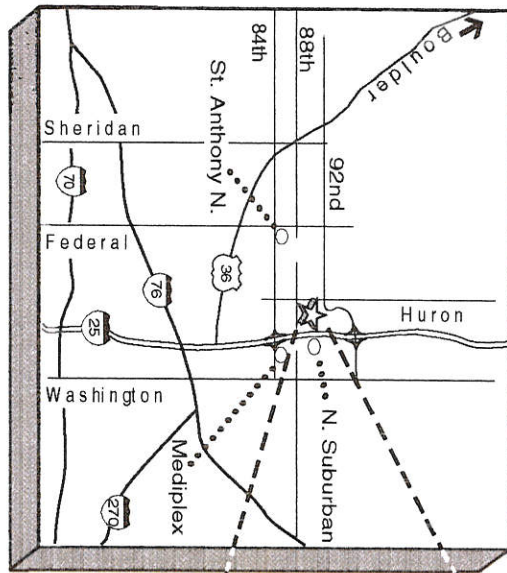
Lymphedema is not curable, but it is controllable. The aim of treatment is to improve appearance, increase function, and prevent further progression of the swelling. Treatment should begin as soon as lymphedema has been diagnosed. If left untreated, lymphedema can result in irreversible damage. However, treatment can be very effective - even for people who have had lymphedema for many years – and greatly improve quality of life.

The best and most effective treatment for lymphedema is Complete Decongestive Therapy (CDT), which has five major components:

1. **Manual Lymphatic Drainage (MLD)** is a gentle massage-like technique. It opens the collateral lymphatic pathways to move the excess fluid to areas where the lymph system is functioning.
2. **Compression Therapy/Bandaging and Garments** are an essential component of lymphedema management. Keeping the limb wrapped in a multi-layer low-stretch bandage during treatment can decrease the excess fluid, and help to soften the tissues. After treatment, a strong gradient compression stocking or sleeve can help maintain results.
3. **Exercising** according to recommended CDT protocols can help stimulate the lymphatic system and get the fluid moving.
4. **Meticulous Skin and Nail Care** is crucial on the affected limb to prevent skin cracking. Using low pH soaps and lotions can help protect against bacterial infections (which can lead to cellulitis.)
5. **Excellent Nutrition** is also important. Avoid fatty foods and salt: eat lots of fresh fruits and vegetables. Controlling weight is necessary because studies have found that obesity aggravates lymphedema. Avoid excessive use of caffeine, nicotine, and alcohol.

# Puzzled

by Lymphedema?



Brookside Physical Therapy  
8859 Fox Drive

## Benefits of Manual Lymph Drainage

1. MLD removes metabolic waste, excess water, tonics, bacteria, large protein molecules and foreign substances from the tissue
2. MLD, through its gentle rhythmical precise hand movement, alleviates pain by greatly reducing the pain signals sent to brain.
3. MLD relaxes the sympathetic nervous system, thus helping to relieve stress.
4. MLD supports and enhances the action of the immune system.
5. MLD helps the body to heal more quickly from injuries, surgical trauma, chronic conditions, and edema.
6. MLD helps to minimize scar formation.

## MLD should not be used with these conditions:

active cancer  
acute inflammation  
congestive heart failure  
thrombosis (blood clots)

## Brookside Physical Therapy

8859 Fox Dr., Suite 300  
(303) 428-4646

## LYMPHEDEMA

Lymphedema is a condition caused by an accumulation of lymphatic fluid in a body area. Most often seen in legs, arms and abdomen. Brookside Physical Therapy now has staff specializing in management of lymph disorders.

### The Normal Lymphatic System

The lymphatic system consists of lymph vessels, nodes, fluid, and tissues. It is part of the normal circulatory system which also includes veins and arteries. The purpose of the lymphatic system is to produce lymphocytes which play an important role in our body's immune system. These cells, primarily produced in the spleen, help fight bacteria and viruses.

The vessels are channels of the lymphatic system, through which lymph fluid flows on its way to the bloodstream. The vessels themselves contain colorless fluid called lymph. Lymph is made up of white blood cells, water and protein, and waste products from lymph tissue.

The nodes are "the filtering stations" of the lymph system. All lymph fluid passes through these nodes which act as waste purifiers and bacteria and virus fighters, cleaning the fluid as it moves along its path.

Lymph tissue is also found in other areas of the body including the tonsils, spleen, intestinal wall and bone marrow.

### Lymphedema

Lymphedema occurs when lymphatic fluid accumulates in the arms, legs, or abdomen.

There are several possible causes for lymphedema.

It is considered PRIMARY when no aggravating source is found. Primary lymphedema can be found at birth (congenital), appear during adolescence, or develop later in life. SECONDARY lymphedema can occur after infection, a traumatic injury or cancer treatment (radiation or surgery).

### Lymphedema Caused by Cancer Treatment

Radiation therapy can cause damage to otherwise healthy lymph nodes. This damage can hinder the normal pathway of the lymph fluid, resulting in pooling of the fluid - and subsequent swelling in the arms, legs or abdomen.

Surgical removal of a tumor can also block the lymphatic fluid's pathway. This can develop immediately after surgery or years later.

Cancer itself can spread to the lymph nodes causing the fluid to back up and accumulate.

### Symptoms

At the beginning, you may notice swelling in your hand or foot. A ring may seem tighter or shoes may fit more snugly. Sometimes you may sense a feeling of "pins and needles" or "heaviness" in the affected arm or leg, which may be accompanied by aching or pain.

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*Unusual or persistent swelling in an extremity should always be evaluated by a physician.*

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Early diagnosis and treatment of lymphedema offers the best chance for reversing and/or controlling the condition.

When lymphedema goes untreated, the lymph vessels and surrounding tissue become harder and less elastic. Substantial and painful swelling may result.

Lymphedema itself can cause infection. When lymph fluid

accumulates in the tissues of a limb, the protein-rich fluid creates a favorable environment for growth of bacteria.

### Protection Against Lymphedema

If you have had lymph nodes removed surgically, or have received radiation therapy, it is important that you protect your limb closest to the treatment area.

In general, an affected limb should be protected from any activity that might break the skin, exposing the area to possible infection. Lymphedema patient should also avoid wearing restrictive jewelry, tight clothing or elastic bands around the affected area. For some, certain sports and activities that require a repetitive, pressure type motion may be a problem. Elevating the limb whenever convenient often helps reduce swelling.

### Treatment

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*A prescription from your Physician may be required for insurance payment of lymphedema treatment.*

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Treatment for lymphedema may involve any or all of the following: an exercise program, sequential pumping, Manual Lymph Drainage (MLD), night wrapping, support garments, and skin care.

A compressing garment helps control the swelling of the affected extremity. This garment requires a prescription from your Physician. Garments must be replaced every 4-6 months, and sometimes more frequently, due to changes in the size of the extremity being treated. Insurance may or may not cover the cost of support garments.

## How to Make an Appointment for Lymphedema Treatment:

- Get a prescription from your physician for “Physical/Occupational Therapy for lymphedema evaluation, treatment, measurement and fitting of compression garment and medical bandaging as appropriate.”
- Call the Kentucky Clinic Outpatient Rehabilitation Services at (606) 257-8001 to set up an appointment for an evaluation.

Our rehabilitation team consists of ten *therapists* certified in Complete Decongestive Physiotherapy. Our *therapists* are trained in the Vodder manual lymph drainage techniques that will manage your lymphedema. Our team is involved in national presentations, provider relations, research and data collection to maintain our leadership standing in lymphedema treatment.

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“It was one of the greatest things that has happened to me. It was an instant relief. I thought I was going to have to live with this big arm forever. I learned it can be managed. I felt fortunate to be able to come to the clinic. It was a great experience.”

*CS, North Carolina*

“I would recommend lymphedema therapy to anyone who has had lymph nodes removed. The difference is too great to tell. I’ve lost 13 pounds since therapy started. My arm is almost the size of the other one now.”

*JH, Jeffersonville, Ky.*

“My swelling started one year to the day of surgery. It was very painful. With lymphedema therapy, I felt I had regained control of my everyday life. It helped relieve a lot of stress. Treatment taught me how to manage my lymphedema.”

*KG, Lexington, Ky.*

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Rehabilitation Services  
Outpatient Physical and Occupational Therapy  
Room J111-Kentucky Clinic  
Lexington, KY 40536-0284  
(606) 257-8001



## University of Kentucky Lymphedema Services

### COMPLETE DECONGESTIVE THERAPY

### An Effective Lymphedema Treatment



### Secondary Lymphedema

Rehabilitation Services  
Outpatient Physical and Occupational Therapy  
Room J111-Kentucky Clinic  
Lexington, KY 40536-0284  
(606) 257-8001

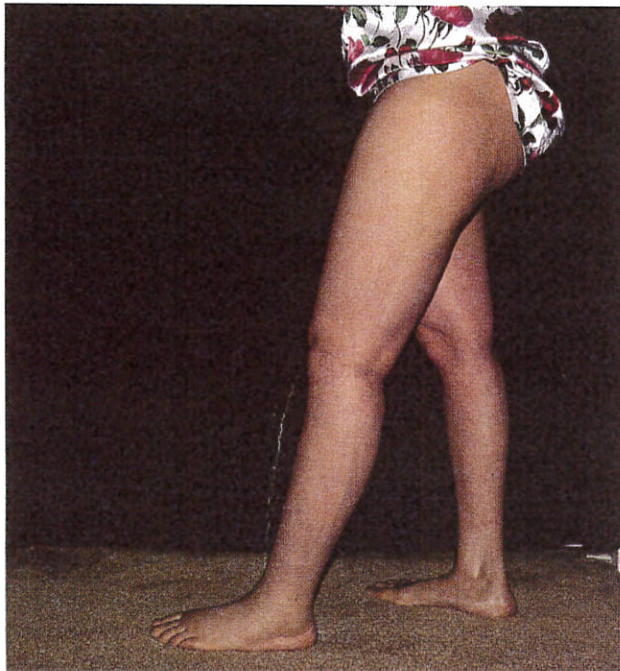
## What is Lymphedema?

Lymphedema is the abnormal accumulation of lymph fluid which causes swelling of a body part. Most often it affects an extremity, however, it also can occur in the face, neck, abdomen, and lungs. It can develop as a result of surgery, radiation therapy, trauma, infection, cancer or may be hereditary or congenital. Although lymphedema is a chronic and progressive condition, with **appropriate treatment** the symptoms can be controlled and are compatible with a normal and active lifestyle.

Common symptoms of lymphedema include swelling, a feeling of heaviness, cosmetic deformity, discomfort, repeated episodes of infection (cellulitis or lymphangitis) and, in rare cases malignant degeneration. In severe cases there can be thickening of the skin, tissue hardening, leakage of lymph fluid, and massive swelling called elephantiasis. Lymphedema affects several million men and women in the United States.

## Primary Lymphedema

Primary lymphedema develops without obvious cause. The condition may occur at any time during a person's life, at birth (lymphedema congenita), or after age 35 (lymphedema tarda). Primary lymphedema occurs more often in the lower extremities and more commonly affects women.



Primary Lymphedema

## Secondary Lymphedema

Secondary lymphedema is brought on by a disruption of the lymph system, such as trauma, surgery, radiation or biopsy. Most commonly, it occurs with disruption of the lymph nodes in the neck, axilla (armpit), or inguinal area (groin) that are often associated with treatment of breast, uterine, bladder, ovarian, prostate, or testicular cancers. Secondary lymphedema also may be caused by trauma, such as a fracture, or by chronic lymph system infections.

There are over two million cases of secondary lymphedema in the United States, with most being related to breast cancer therapy. Secondary lymphedema is more common in developing countries because of the prevalence of parasites which can cause infection and obstruct the lymph vessels. The onset of secondary lymphedema may occur immediately following disruption of the lymph system or may develop up to 30 years later.

## Anatomy and Physiology

Lymph capillaries (cells) absorb lymph fluid just below the skin. Larger lymph vessels transport the fluid to the bloodstream where it enters several important veins and is removed from the body. There are over 600 lymph nodes in key locations throughout the body. Lymph fluid flows through lymph nodes as it passes from one part of the body to another. The nodes filter bacteria, dead cells and other waste products. They also produce lymphocytes and help fight infection. Lymphocytes strengthen the immune system.



## Preventing and Controlling Lymphedema

**Skin Care:** Avoid skin injuries which can lead to infection.

- Keep skin clean using a gentle cleanser with a moisturizer every day.
- Keep nails and toenails short. Avoid manicures, pedicures, and artificial nails. Do not cut cuticles. Use a nail file to shorten nails.
- Avoid heat in general but specifically to your involved limb. Avoid hot packs, moist heat, heating pads, fireplaces, sunbathing, hot baths, saunas, hot tubs, etc.
- Avoid wounds or scratches. Wear gloves for indoor and outdoor work. Avoid insect bites and pet scratches. Use an electric razor on underarms and legs. Wear shoes when outdoors if a lower extremity is involved.

**Exercise and activity:** Exercise is an important part of staying healthy.

- Elevate your limb and cut back on the exercise if it becomes uncomfortable.
- Avoid lifting more than 15 pounds with an upper extremity at risk.
- Swim, walk and or do specially prescribed exercises that are safe and effective. Discuss all other forms of exercise with your therapist.
- Be cautious of activities which have been shown to increase the likelihood of developing lymphedema in some people. Examples: golf, tennis, cross country skiing, and weight lifting.
- Avoid prolonged sitting.

**Extra precautions for the involved limb:** Avoid external pressure which might slow or stop lymph flow.

- Avoid tight-fitting undergarments and clothing.
- Do not sleep on your involved side.
- Do not allow blood pressure to be taken, blood to be drawn, or an injection to be given to the involved extremity.
- When traveling by air consider using a compression garment to prevent the onset of lymphedema.
- Avoid receiving massage to the affected limb (Swedish or other types).

**Diet and Nutrition:** Good nutrition leads to good health.

- Practice good nutrition habits and maintain a normal weight. Research has linked obesity with the chance of developing lymphedema.

**Problems with your involved limb:** Watch for danger signs.

- Watch for signs of infection: heat, pain, redness, swelling, chills, fever. See your physician immediately. Also see your physician for rashes, slow-healing wounds, or pain in an involved extremity.
- Seek treatment for any signs or symptoms of lymphedema: numbness, tingling, tight feeling, stiffness, or swelling of the limb at risk.

## CDT Complete Decongestive Therapy

CDT is a five-part therapy program which is prescribed by a physician and provided by a *physical* or *occupational therapist*. This therapy program has been proven safe and effective for over 60 years in reducing edematous body parts to normal or near normal size. Before CDT begins, each patient's needs are evaluated so that maximum results can be reached in a minimum amount of time. Some insurance companies require that the *therapist* delivering CDT be certified in the techniques. Check with your *therapist* about payment issues before beginning a course of CDT.

1. **Meticulous skin care** is an important part of therapy. The goal of such careful attention to the skin is to eliminate or avoid bacterial and fungal growth. These can lead to infections such as cellulitis and/or lymphangitis. Cleansing, moisturizing and protection techniques are taught and practiced during CDT.
2. **Manual Lymph Drainage (MLD)** is a gentle, manual technique based on the physiologic principles of lymph fluid flow and lymph vessel emptying. Manual techniques will include same-side and opposite-side treatment in nearby lymph node regions to facilitate lymph fluid flow across the middle of the body, around the back and into adjacent body areas. Patients are taught some manual techniques as appropriate to assist in self-management of the condition.



Manual Lymph Drainage

3. **Medical bandaging** is an important part of the CDT program. Special low-stretch bandages are applied in layers following each session of MLD. The bandages provide a mild increase in tissue pressure which assists lymph vessels to empty and prevents refilling of the vessels with fluid between treatments. The bandages are worn 23 hours a day in the early weeks of CDT. Patients learn to apply their own bandages and to use the bandaging techniques to manage their condition once CDT has ended.

4. **Remedial exercises** are prescribed for every patient. Specific exercises which are performed while wearing the medical bandaging will stimulate lymph flow and lymph vessel contractions. Patients are instructed in an exercise program which can be used at home to manage symptoms independently. Incorporating exercise into weekly activities is important for weight control and cardiac fitness. Patients are encouraged to participate in carefully selected activities outside of therapy sessions.

5. **Compression garments** are fitted at the end of the course of treatment when the involved limb(s) have reached normal or near normal size. These elastic support garments are worn during the day to prevent the re-accumulation of fluid. Special care is given to select the correct garment with the most appropriate amount of pressure for each person's needs. Many patients will continue to wear the medical bandaging at night.



Compression Garment

## What to Expect

Lymphedema treatment using CDT is ideally performed daily (5 times a week) for two to six weeks depending on its severity. (Improvement rate is increased when lymphedema is detected early). Treatment sessions will last about one and a half to two hours, and will include manual lymph drainage (MLD) performed by the *therapist*, medical bandaging, exercise, and education. All services are provided on an outpatient basis. If commuting, or staying with friends or relatives is not possible, a list of housing options near the clinic may be requested.

Following the initial evaluation, the *therapist* will determine bandaging needs and help to locate supplies. Supplies may be obtained from the treatment facility or through outside vendors depending on insurance coverage.

Self-management techniques are taught to patients and family members for control of symptoms. This includes bandaging, exercise, and skin care.

Near the end of the treatment a compression sleeve or stocking will be fitted. The garment will be worn during the day to prevent the reaccumulation of fluid. Patients should continue to wear the medical bandages at night.

To prepare for treatment, bring appropriate clothing to accommodate the bulky bandages that will be placed on the limb at the end of your treatment:

- For arm patients, loose fitting or oversized clothing is recommended.
- For leg patients, loose fitting skirts or pants, and a much larger than usual shoe or sandal to go over the bandages on the foot are recommended.

## University of Kentucky Chandler Medical Center

