



COMMON DIAGNOSES/ TREATMENTS ASSOCIATED WITH LYMPHEDEMA

- Breast cancer surgery including mastectomy or lumpectomy with or without axillary/sentinel node dissection
- Other cancers including melanoma, gynecologic cancer, head and neck cancer and sarcoma
- Trauma to or infection of the lymphatic system
- Lipedema – a disorder of the fat
- Chronic venous insufficiency (Stage II & III)
- Swelling associated with Regional Pain Syndrome (Stage I and II)



DOING WHAT'S BEST.®

West Side Medical Mall
Physical Therapy
4175 N. Euclid Ave., Suite 6
Bay City, MI 48706
Phone: (989) 667-3646
Fax: (989) 667-3637

West Branch Rehabilitation
2110 South M-76, Suite 2
West Branch, MI 48661
Phone: (989) 516-5078
Fax: (810) 600-7920
mclaren.org/bayregionrehab



DOING WHAT'S BEST.®



LYMPHEDEMA PROGRAM

COMPLETE DECONGESTIVE THERAPY



DOING WHAT'S BEST.®



WHAT IS LYMPHEDEMA

Lymphedema is an accumulation of protein-rich fluid that occurs when your lymphatic system is impaired. Lymphatic vessels, which assist in fluid discharge, can become impaired as a result of the removal of lymph nodes, from trauma, or from radiation treatments, as well as chronic vein issues. When breast cancer-related lymphedema occurs, there is a swelling or change in tissue texture occurring in the arm and upper torso.

There is currently no cure for lymphedema. Lymphedema left untreated becomes chronic including progressively increasing swelling and hardening of tissue, infections, and even wounds in advanced stages. and hardening of tissue, infections, and even wounds in advanced stages.

TREATMENT OPTIONS

Treatment is provided by physical or occupational therapists who are certified and/or trained in lymphedema management.

- **Manual Lymph Drainage:** A manual technique is performed to open lymphatic pathways and move fluid to areas where it can be reabsorbed into the system.
- **Multi-Layer Bandaging:** Short stretch compression bandages are used to create a gradient of pressure to move fluid and decrease swelling.
- **Patient Education:** Regarding skin care, precautions and prevention.
- **Therapeutic Exercises:** Exercises specific to the needs of each individual patient.
- **Facilitate Referral For Appropriate Compression Garment.**

GOALS OF OUR PROGRAM

- Reduce the size of limb or prevent lymphedema
- Decrease the risk for infection or hospitalization
- Self management of lymphedema
- Improve function and mobility of the limb
- Decrease pain associated with excessive limb size
- Reduce fibrotic tissue or cording if present

RELATIVE CONTRAINDICATIONS

You may not be a candidate for lymphedema treatment if you have any of the following:

- Acute viral/bacterial infection/fever
- Congestive heart failure
- Kidney malfunction
- Untreated malignancy
- Arterial disease

