
Outpatient Rehab

LYMPHEDEMA THERAPY

Lymphedema is excessive swelling of a body part caused by the abnormal accumulation of lymph fluid. It usually occurs in an arm or leg. Sometimes the face, neck or abdomen is involved. We offer a comprehensive lymphedema management program to improve the condition.

What Causes Lymphedema?

- Radiation therapy
- Infection, such as lymphangitis
- Cellulitis
- Traumatic injury
- Breast surgery

Complete Decongestive Therapy

Complete decongestive therapy (CDT) is a proven and effective treatment that removes excessive lymph fluid from the body. The components of CDT are manual lymph drainage (MLD), compression bandaging, skincare, exercises and patient education.

- MLD is a gentle massage-like technique that stimulates superficial lymph vessels and moves fluid toward functioning lymph nodes.
- Compression bandages assist venous and lymph return, improve effectiveness of muscle pump during activity, and help to preserve the results achieved by MLD.
- Skincare is provided in the event of an open wound or skin breakdown to reduce the risk of an infection.
- Gentle exercises are prescribed with external compression to increase the rate at which fluid is removed.
- Patient education on causes, self-management and risk reduction practices are an integral part of the program.

Lymphedema treatment team includes a licensed physical therapist or occupational therapist specially trained in CDT and manual lymphatic drainage.

Potential Benefits

- Return of body part to normal size
- Decreased pain
- Improved range of motion and functioning
- Less chance of cellulitis (skin infection)
- Improved quality of life

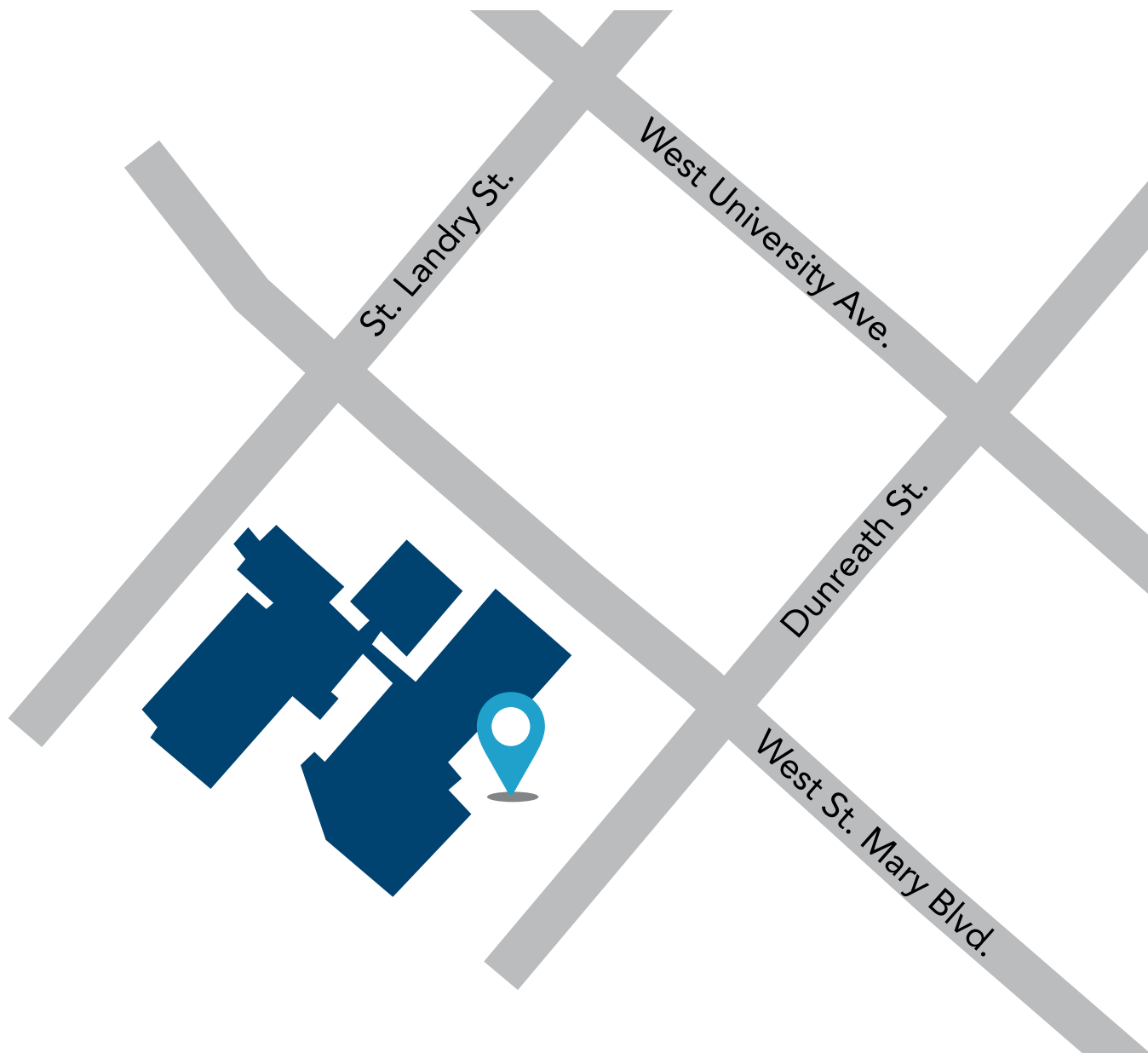
Who Qualifies?

Individuals with both primary (no known cause) or secondary lymphedema (caused by trauma, cancer treatment, venous insufficiency or other factors) can benefit from CDT.



**Our Lady
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Our Lady of Lourdes Outpatient Rehab at Dunreath

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Fax orders to (337) 470-0905. Call (337) 470-2859 for a consultation or more information.

Discover more at LourdesRMC.com/rehab.



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