

Lymphedema Therapy

The right touch for reducing & managing lymphatic edema.



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Lymphedema is the swelling of a body part as a result of abnormal accumulation of protein-rich edema fluid in the affected area. It can be caused by any condition or procedure that damages lymph nodes or lymph vessels. It results from a blockage in your lymphatic system, which is part of your immune system. The blockage prevents lymph fluid from draining well, and the fluid buildup leads to swelling. There is no cure, but lymphedema can be reduced and managed with proper care.

Causes:

- Cancer
- Infection
- Obesity
- Radiation treatments
- Surgery
- Trauma

Symptoms:

- Swelling of the arms, legs, face, neck, abdomen, or genitals
- Feeling of heaviness or discomfort in the limbs
- Loss of flexibility to affected area
- Reoccurring infections such as cellulitis
- Feeling of tightness in the skin, even before noticeable swelling



Treatment with a Certified Lymphedema Therapist focuses on reducing swelling and controlling pain.

Exercises - light exercises that move the affected limb may encourage lymph fluid drainage

Wrapping - bandaging the entire limb encourages lymph fluid to flow back toward the trunk of the body

Manual lymph drainage – this type of massage may encourage the flow of lymph fluid out of the arm or leg

Compression garments - long sleeves or stockings compress the arm or leg, encouraging the flow of lymph fluid out of the affected limb