



## **LYMPHEDEMA**

### **STAGES**

STAGE I: mild, pitting of the limb, size is normal after rest or early in the morning

STAGE II: moderate, tissue is spongy and non-pitting, fibrotic tissue increases,  
not relieved with rest

STAGE III: severe, hard fibrotic tissue, unresponsive to position, hyperkerotic

### **MANAGEMENT**

- Complete Decongestive Therapy (CDT)
  1. Manual Lymphatic Drainage (MLD)
  2. Compression Bandaging
  3. Therapeutic Exercises
  4. Education and Self Care
- Pumps and Debulking Surgeries

### **MANUAL LYMPHATIC DRAINAGE**

- Increases lymph vessel activity
- Increases resorption of protein rich fluid
- Reduces fibrosis
- Promotes relaxation
- Treats the entire affected quadrant
- Facilitates collateral drainage

### **COMPRESSION BANDAGING**

- Utilizes low stretch bandages
- Builds pressure gradient to facilitate improved lymph flow
- Continues to aid in reduction of fluids
- Enables transition to compression garment

### **THERAPEUTIC EXERCISES**

- Performed with compression bandaging
- Low exertion
- Increase muscle and joint pumping action
- Increase venous and lymphatic return
- Include AROM, stretching, and strengthening exercises