

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