

LYMPHEDEMA

TLC PHYSICAL THERAPY

Treatment
Non-Invasive
Highly Effective

- **MLD**
(Manual Lymph Drainage)
- **Improve quality of life by increasing independence with daily activities.**
- **Compression Bandaging**
- **Home Exercise Program**
- **Compression Garment Fitting**
- **Scar, Skin, Nail and Foot Care**

Our Specialist



Jennifer Reichel
PTA, Rehab Director

There are an estimated **6.8 million** individuals in the U.S. who are afflicted with or at risk of developing Lymphedema. Early and careful management of Lymphedema can reduce symptoms and prevent it from getting worse. Statistics show that Lymphedema therapy patients show significant improvement.

What is Lymphedema?

Lymphedema is the swelling that occurs when the lymphatic system either fails to develop correctly, is damaged, or is overloaded. It is most frequently present in the extremities but also can occur in the neck, head, abdomen or genital area.

Types of Lymphedema:

- **Primary:** May be present at birth or occur later on in life for no apparent reason.
- **Secondary:** Most common. May occur after injury, scarring, trauma or infection of the lymphatic system, post surgical.

Who can benefit from Lymphedema Therapy?

- Post surgical patients
- Breast cancer patients
- Patients with chronic swelling of an extremity
- Patients with swelling from trauma to the lymphatic system
- Lymph node removal patients
- Primary or secondary Lymphedema patients
- Radiation therapy patients

Goals of treatment:

- **Improve** functional use of affected extremity.
- **Reduce** swelling in order to improve activities of daily living and way of life.
- **Decrease** risk of infection through patient/caregiver education.



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