



REHABILITATION SERVICES

Rehab Newsletter January 2020

McLaren Greater Lansing
Outpatient Rehab - PT, OT, Speech
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Highlight on Lymphedema And Complete Decongestive Therapy (CDT)

Lymphedema remains a well-established sequelae of breast cancer treatment, impacted by surgical node dissection, scar tissue, and/or radiation fibrosis.

Upper extremity swelling may develop weeks to years following treatment and is characterized by an increase in protein rich fluid within the interstitial space.

Lymphedema can result in pain, physical immobility, skin alterations, fibrosis, secondary infection, and/or heaviness of the affected extremity.

Lymphedema can impact the patient's self-perception and overall quality of life. While there is no absolute cure for lymphedema, effective treatment is available.

Complete Decongestive Therapy (CDT) is cited as the gold standard treatment method in the management of confirmed lymphedema diagnoses.

CDT Phase I

Manual lymph drainage

- A unique massage technique that utilizes specific hand movements to provide a gentle pumping action to the skin following the direction of lymph flow and promoting drainage to healthy lymph vessels.

Compression bandaging

- Gradient pressure is applied to the affected upper extremity with use of short-stretch bandages, facilitating low resting and high working pressures.
- Bandages have been proven to have multiple effects, employing muscle contractions to direct interstitial fluid flow and helping to reduce fibrosis.

CDT Phase II

Maintenance Phase

- Patients receive training to perform self-manual lymph drainage with compression bandaging as indicated.
- Progressive strengthening and range of motion are part of an active exercise program established by a trained CDT therapist.
- Compression garments may include sleeves, gloves, or gauntlets that can be used as part of a daily routine to maintain prior reductions.

We have therapists who have completed a certified training program to provide Phase I and Phase II treatment to your patients with lymphedema. Please contact us with any questions or fax a referral to 517-975-3525.

Our Mission:

To be the best value in rehabilitation services as defined by quality, outcomes and cost.