



## REHABILITATION THERAPY CENTER

790 College Parkway  
Fanny Allen Hospital  
Colchester, VT 05446

### HOURS

Monday – Friday  
8:00 am – 5:00 pm

### PHONE

(802) 847-1902

### FAX

(802) 847-6943

## NEXT STEPS TO TAKE:

- Make an appointment to talk to your doctor about what you are experiencing
- Your doctor can refer you to physical therapy to be evaluated
- Your therapist will collaborate with your doctor to manage your symptoms and recovery



## REHABILITATION THERAPY CENTER



# Lymphedema Care



[UVMHealth.org/MedCenter](http://UVMHealth.org/MedCenter)

THE  
**University of Vermont**  
MEDICAL CENTER

# What is Lymphedema?

- Lymphedema is a protein rich swelling of an area of the body, caused by fluid back up.
- Lymphedema can occur anywhere in the body, often seen in the legs, chest, arms and neck.
- Hereditary or Primary Lymphedema is a genetic condition. There is no known cause.
- Secondary Lymphedema has a known cause and may occur as a result of:
  - Having cancer and the related treatments (radiation, chemotherapy, removal of lymph nodes, etc.)
  - Injury, trauma or general surgery
  - Chronic venous insufficiency or blood clots
  - Obesity

## SYMPTOMS OF LYMPHEDEMA

- Feeling of fullness, tightness or heaviness in the affected area (arm, leg, trunk, face, neck or genitals)
- Aching or discomfort in the affected area
- Clothes, undergarments, or shoes may fit tightly
- Pitting or indentations in the skin

## TREATMENTS OFFERED

- Complete Decongestive Therapy — A combination of treatments, individually tailored to each patient and their specific needs.
  - Massage / Manual Lymphatic Drainage (MLD) — Using massage techniques to stimulate movement of lymphatic fluid throughout the body.
  - Compression — Bandaging, garments, kinesiotape, and pumps.
  - Exercise — Remedial exercise to stimulate circulation; corrective exercise to increase strength, range of motion and flexibility.
  - Skin Care — Protection of the integrity of the skin, especially for prevention of infection (for example: cellulitis).
- Low Level Laser Therapy — To aid in lymphatic clearance to soften scar tissue, fibrosis and cording.

## GOAL OF THERAPY

- To reduce and stabilize or prevent symptoms of lymphedema. We strive to maximize your independence and self-management.

## YOU SHOULD CALL YOUR DOCTOR IF:

- You have a new or worsening area of swelling
- You have redness, pain or warmth in the affected area
- Your compression garments no longer fit properly or are painful to wear
- You have a fever lasting more than two days or is greater than 100°

## HOW TO REDUCE YOUR RISK OF LYMPHEDEMA

- Avoid trauma or injury to the affected area
- Keep your skin clean, dry, and use moisturizer every day.
- Use compression garments as directed by your doctor or physical therapist.
- Gradually increase exercise or activity as tolerated. Consult with your doctor or physical therapist before starting a new program.
- Maintain optimal weight

