

Lymphedema

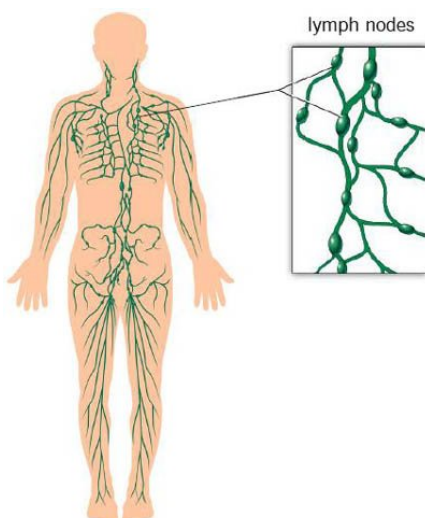
Lymphedema is a chronic condition, it can cause difficulty with normal daily activities and altered body image. There is treatment available to manage this condition and improve function.



Lymphedema is a pathological condition characterized by obstruction of lymphatic vessels (by scar tissue or tumor) and accumulation of fluid in tissues. Lymphedema is a high protein edema which leads to fibrosis and scarring of tissue. Any trauma to the lymphatic system can lead to lymphedema. After surgery, lymph node removal or radiation treatments there is a state of lymph stasis.

Symptoms of lymphedema vary but may include: heaviness, tightness, burning sensation, and hypersensitivity to pain. People who are at risk of lymphedema are those who have had surgical removal of lymph nodes due to breast cancer, lumpectomy, mastectomy, radiation, or chemotherapy. Lymphedema may occur in the arms, legs or any part of the body.

Management for lymphedema is available at Primary Therapy Source. Lymphedema is a chronic condition and must be managed to avoid tissue fibrosis and scarring. Lymphedema treatment includes education regarding skin care and techniques for self-care. Manual lymphatic drainage techniques are performed as well as a multi-layered bandage and exercises to reduce size of the extremity and improve lymphatic function. Treatment is based on your particular needs, ranging from a one time visit for education and management techniques to an intense treatment plan.



Whether you suffer from primary lymphedema, secondary lymphedema or other swelling due to impaired lymphatic function, treatment is available. Treatment can improve your ability to perform daily routines and decrease the likelihood of extensive tissue damage and scarring. Treatment will provide you with the tools to protect yourself from future flare-ups and minimize risk of infection.

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