

Manual Lymphatic Drainage



Exercise

- Active range of motion, stretching, and low-intensity resistance exercise is incorporated with manual drainage techniques
- Exercises should be performed with compressive bandages or garment

Exercise

- Exercises are performed in a specific sequence, often with the limb elevated
- Low-intensity cardiovascular/pulmonary endurance activities included
- Deep breathing and relaxation also incorporated



Exercise

- Exercises performed in a specific sequence can assist lymph flow
- Awareness of other medical conditions
- Patient education

Exercise



Compression

- No-stretch, non-elastic or low-stretch elastic bandages are used
- Sports bandages, such as ACE wraps, are NOT recommended in the treatment of lymphedema
- Compressive garments are available
- Use of a sequential, pneumatic compression pump on a daily basis may be recommended

Bandages



Compressive Bandages





Compression Garments





Intermittent Compression Devices

Contraindications

- Deep vein thrombosis
- Local superficial infection
- Congestive heart failure
- Acute pulmonary edema
- Displaced or acute fractures

Intermittent Compression Devices

Reference: Therapeutic Modalities in Rehabilitation, 3rd Edition, by William Prentice, pages 490 – 496.

Reference: Modalities for Therapeutic Intervention, 4th Edition, by Susan Michlovitz and Thomas Nolan, pages 174 – 179.

Skin Care and Hygiene

- Lymphedema increases risk of skin breakdown, infection, and delayed wound healing
- Proper skin care
- Inspection
- Protection

Treatment Works



Treatment Works



Treatment Works



Treatment Works



THE END