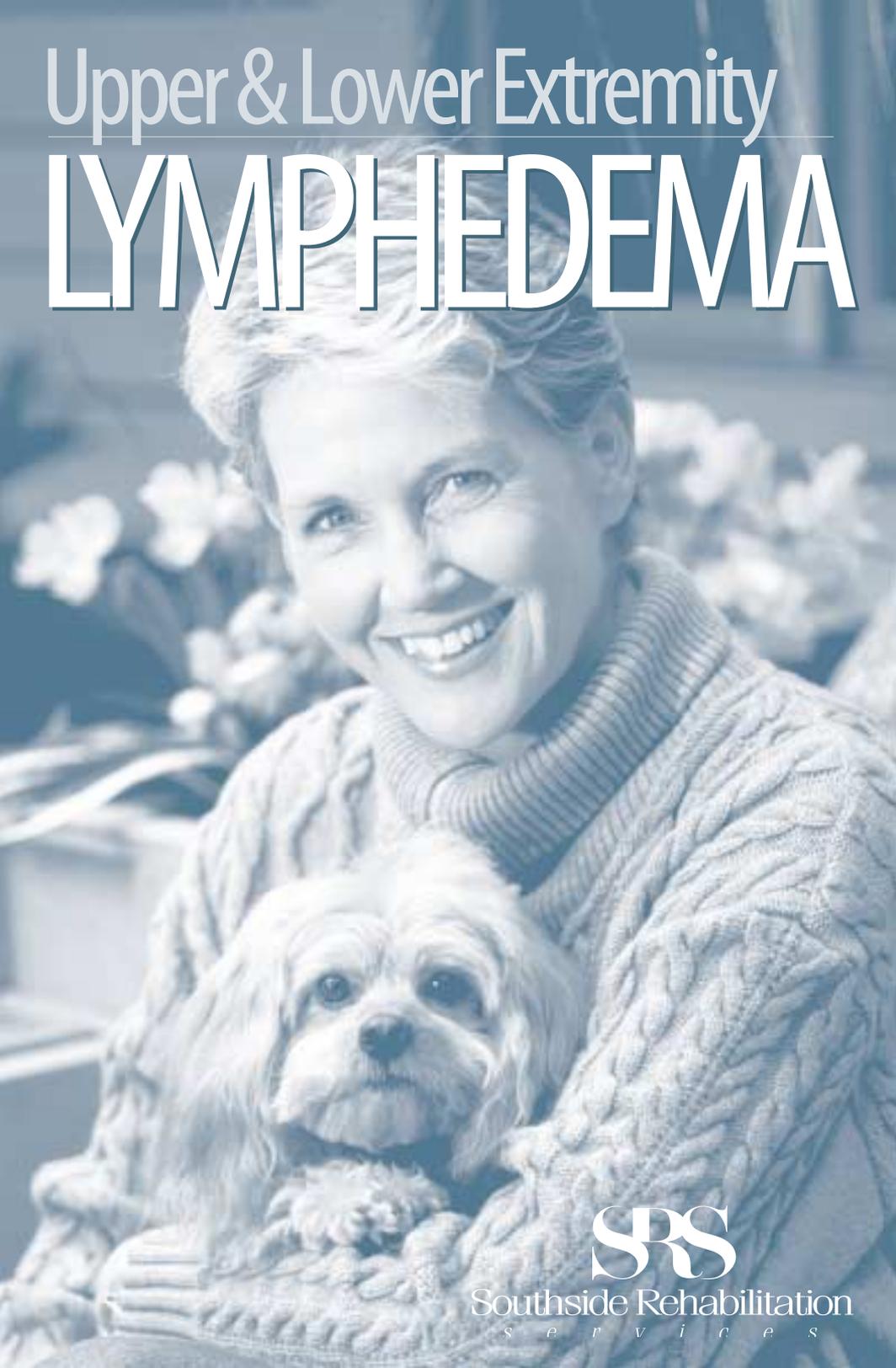


Upper & Lower Extremity LYMPHEDEMA



SRS

Southside Rehabilitation
s e r v i c e s

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Who we are:

Southside Rehabilitation Services

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Certified Lymphedema Therapists at Southside Rehabilitation Services:

Allison H. Wirt, MS, PT, CLT

Brenda R. Cates, LPTA, CLT

We are excited

to offer Complete Decongestive Therapy (CDT) for the treatment of patients with lymphedema and other forms of swelling at Southside Rehabilitation Services, 430 Clairmont Court, Suite 120, Colonial Heights. Lymphedema is an abnormal accumulation of protein-rich fluid due to an insufficiency of the lymphatic system. In simpler terms, lymphedema is the swelling of a body part, most often the extremities. Lymphedema is classified as either primary or secondary. Primary lymphedema is caused by a congenital deformity of the lymphatic system. Secondary lymphedema is caused by a deficiency of the lymphatic system due to a tumor, surgery or radiation therapy for cancer, trauma, infection or chronic venous insufficiencies.

Initially, lymphedema presents as swelling that can be temporarily reduced by elevation. Without treatment, the chronic protein-rich swelling causes a progressive hardening or fibrosis of the affected tissues. This chronic extreme swelling and fibrosis significantly hinders mobility and function, as well as increases the risk of infection in the affected limb(s).

Unfortunately, there is no cure for lymphedema, but it can be managed with Complete Decongestive Therapy. The goal of CDT is to reduce the swelling and maintain the reduction via application of a safe, reliable and non-invasive technique. CDT consists of four components: manual lymph drainage, compression therapy, exercise and skin care.

There is a high incidence of lymphedema, yet there are very few treatment facilities in the region. Fortunately, we have **two certified therapists at our facility: Allison Wirt, MS, PT, CLT and Brenda Cates, LPTA, CLT.** Patients simply need a prescription with four necessary components: diagnosis, date, physician's signature and "physical therapy for CDT." For more information or to schedule an appointment, please call Southside Rehabilitation Services at (804) 526-1352.

What is Lymphedema?

The majority of people automatically associate the word “lymph” with lymph nodes. Most of us know that we have lymph nodes in our neck and groin that can become swollen or sore when they are inflamed. In fact, lymph nodes are present throughout the body. There are actually several hundred of them, and they are part of an interconnected **lymphatic system**.

The lymphatic system is a transparent system that accompanies and works with the blood circulatory system. The blood circulatory system consists of arteries and veins, a pipeline system in which the heart is the pump. Arteries are large tubes that branch out into smaller arteries and then into arterial capillaries, which then carry blood to various organs. Blood leaves our organs through venous capillaries, which become larger and larger veins until blood is returned to the heart.

Capillaries are permeable which allows the exchange of substances in the organs. Arteries supply organs with blood rich in oxygen and nutrients. Veins transport metabolic waste products and carbon dioxide away from the organs. These materials are then excreted by the kidneys and liver. The blood circulatory system is a closed circuit.

The lymphatic system is similar in that it has vessels, capillaries, and at intervals the lymph nodes. The lymphatic system, however, is not a closed circuit. It begins in the organs and in the space between cells where it absorbs tissue fluid and proteins known as **lymph fluid**.

Lymph fluid is colorless. The lymph vessels that absorb lymph fluid eventually empty into the veins, connecting the lymphatic system with the blood circulatory system. The flow of lymph fluid is caused by the rhythmic pulsation of the lymph vessel walls, and is assisted by the pumping or contraction of muscles.

Both the venous and lymphatic systems have the job of removing waste substances. The veins cannot do this alone because large molecules such as proteins cannot fit into the veins and must be removed by the lymph vessels. It is clear that damage to the lymphatic system means that proteins and tissue fluid simply remain where they are in the tissues resulting in swelling known as **lymphedema**.

The lymphatic system also plays an important role in the body's immune defense system.

Impairment of the Lymphatic System and Its Consequences

Two main causes of lymphedema can be identified as **primary lymphedema** and **secondary lymphedema**. In primary lymphedema the lymphatic system is abnormal from birth. When the system can no longer cope, swelling occurs. Primary lymphedema can become apparent at any point in a person's life. Secondary lymphedema is caused by any kind of injury to the lymphatic system. Injuries can be contusions, dislocation, infections from bacteria or fungi, viruses and cancer, especially if lymph nodes are removed and radiation or chemotherapy treatment is given.

Preparing For Your First Visit

1. Read this entire booklet and bring it with you to each visit.
2. Your arm/leg will be bandaged starting at your fingers/toes. A shoe wider and larger is needed while in the lymphedema treatment program for lower extremities. Usually clog type slippers are best.
3. A blouse with stretchy or wide sleeves/long skirt or loose pants that have wide legs should be worn for every visit.
4. Bandages need to stay on for 24 hours. Pantyhose will help keep the bandages up.
5. The integrity of your skin is important. Please examine your arms and hands/feet for dry cracked skin. After drying your arms and hands/feet, apply a low pH moisturizing lotion discussed later in this booklet.
6. Each visit will last approximately 1 to 1½ hours.
7. At your initial evaluation visit, your therapist will give you a list of bandaging supplies you must have. Treatment will not begin until all bandaging supplies have been obtained.

Treatment Protocol

Phase I - Intensive Clinic Program

- Patient is seen 3-5 times a week in the clinic.
- Treatment duration is typically 4 weeks.
- Bandages are worn 23/24 hours a day, 7 days a week.
- Bandages are removed when patient arrives in clinic.
- Patient washes extremity before treatment begins.
- Manual lymph drainage is for approximately 45 minutes.
- Drainage is immediately followed by re-application of bandages.
- Education is ongoing and includes exercise, edema prevention, skin and wound care, long-term home management, self-massage and self-bandaging.
- Garments are fitted at the end of Phase I.
- Patients with severe lymphedema may need to return yearly (for a few years) for a brief intensive repeat of Phase I.

Phase 2 - Home Management

- Patient is to continue with self-bandaging in the evening.
- Patient is to wear compression garments during the day.
- Compression bandages or garments are to be worn during regular exercises.
- Patient should perform regular self-massage.
- Skin care and prevention guidelines must be very carefully followed.
- Limb size should be self-measured twice a month.

If you have any questions about the program please call (804) 526-1352.

Skin Care & Infection

Prevention for Lymphedema

Practice good hygiene.

- Use antibacterial or pH balanced soap.
- After bathing, dry well between your fingers and toes. Pat dry, do not rub with a towel.
- If cellulitis occurs, wipe down with alcohol.
- Apply a low pH moisturizing lotion such as Eucerin, Curel, Dermaltherapy or Vaseline Intensive Care.
- For prevention of fungal infections apply an anti-fungal ointment (under bandages) or anti-fungal powder (under garments).
- Garments and stockinette need to be washed daily.
- Elastic bandages need to be washed every 2 to 3 days.
- Keep cuticles moist with cream and push them back, do not cut them.

Prevent skin breaks.

- Keep severely chapped skin and cracked cuticles soft with creams (Aquifer is excellent).
- To avoid abrasions, use gloves when doing dishes, cleaning the house, gardening and/or any other “dirty work.”
- Use long oven mits to prevent burns.
- Use an electric shaver to remove hair. Razors can introduce infection and cause openings in the skin.
- Always offer the well arm for injections, drawing blood and when checking blood pressure.

Locate and treat skin breaks.

- Perform a “daily skin check” for cuts, burns, bites, hangnails and cracked or torn cuticles.
- Treat all openings with anti-bacterial ointment and Band-Aids.
- Recognize the signs of infection: redness, warmth, tenderness, red

streaks and increased edema.

- Call your physician immediately if an infection is suspected.

Care of Bandages

Proper care of your bandages is important so that they may remain in good condition and provide proper compression.

1. All bandages (tubular, short or long stretch) should be washed every 2 to 3 days and more frequently in warm weather.
2. Bandages should be washed in cold or lukewarm water using a mild liquid detergent. Soap powders can cling to the bandages.
Do not use fabric softener.
3. Use a lingerie bag for washing bandages in the washing machine, so that they do not become entangled and difficult to straighten out.
4. These bandages have a high elastic content and heat reduces the life of the elasticity. Dry bandages on a flat surface if possible or hang them over the shower stall. Avoid dryers or direct sunlight.
5. Avoid ironing and/or cutting the bandages, especially the short and long bandages.
6. The bandages should be rolled up immediately after washing and/or removal from the limb.
7. Do not use clips to fasten the bandages because the clips make holes in the bandages. To hold the bandages securely in place, use a silk tape such as Durapore.

These simple measures will ensure the continued quality of the bandages and promote better results of your MLD treatments.

Lymphedema Prevention for the Upper Extremities

Try to avoid any injuries to the skin. Injuries, even small ones, can result in the destruction of the lymph vessels. In addition, injury brings more lymph fluid into the injured area.

- Use caution when playing with pets. Scratches and bites can become infected.
- Wear long sleeve shirts if working outdoors.
- Take precautions to avoid insect bites. A simple mosquito bite can cause cellulites (erysipelas) and further increase the size of your arm. Wear an insect repellent when outdoors.
- Use a nail file carefully when filing fingernails.
- Inform all health care personnel that you have lymphedema.
- Avoid injections or any acupuncture treatments of your affected arm. Do not use that arm to have your blood pressure checked.
- Use caution when doing exercises or participating in sporting activities.
- Avoid movements that overstrain or put extra weight on the muscles.
- Avoid classical massage of the affected arm.

Do activities in moderation. Most forms of exercise are safe, but new exercises should be initiated gradually and the limb size should be monitored.

- Walking is excellent exercise with the proper footwear and the compression stocking.
- Swimming is another excellent exercise and does not cause stress to the joints.
- Throughout the day take time to elevate your arm for a few minutes, because elevation helps promote the drainage of the fluid from your arm.
- Avoid sitting or standing for a long period of time. When you sit, do not cross your legs.
- Be cautious of exercising in hot weather.
- Compression stocking **must** always be worn during exercise.

Try to avoid heat.

- Do not use saunas, hot tubs or steam baths.
- Do not use hot packs or heating pads on the affected leg.
- Always apply a high SPF sunscreen on the entire limb.
- Keeping the body adequately hydrated will reduce the risk of increased swelling - so drink plenty of water!

Wear clothing that fits properly.

- Clothing that is too tight tends to restrict the proper flow of lymph fluid.
- Tight bras or shirts tend to cut into the skin. Wear undergarments that are loose and comfortable.

Nutrition is important.

- There is no special diet for lymphedema. However, it is important to maintain a normal body weight.
- Today most nutritionists recommend a low salt, low fat diet. Salt tends to make the body retain fluid and fat keeps the fluid in the tissues.

General rules.

- Wear your bandage at night and the compression stocking during the day.
- The affected arm should be elevated on a pillow at night.
- Exercises should be performed at least 4 times a week, daily is best.
- When traveling by airplane, wrap your arm in the compression bandages during the flight.
- See your doctor if you have any signs of infection (heat reddening of the skin, fever, chills, further swelling), if you have a fungal infection of the feet, or if you have any questions about your lymphedema.

Self-Massage for the Upper Extremity

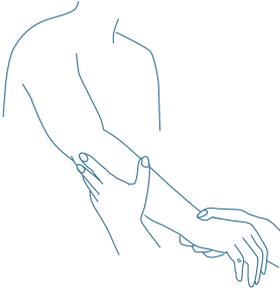
The purpose of self-manual lymph drainage is to stimulate your lymphatic system as was done for you during therapy. The self-treatment is part of your long-term self-management program, so that the reduced size of your arm may be maintained and infection may be prevented.

Lying on your back in bed:

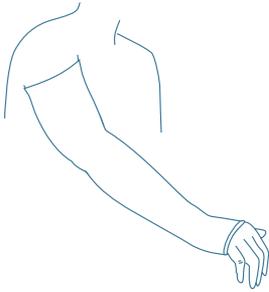
1. Starting at the neck with your arms crossed if possible, place the flats of your fingers in the hollows over your collarbone, gently and slowly pull the skin toward the collarbone. *(15 times)*
2. Place the flat of your hand of the unaffected arm in the armpit of the affected side; stretch the skin down your side towards your waist. *(15 times)*
3. Place the hand of the affected arm on your chest so that your fingers just touch the collarbone of the unaffected side; stretch the skin towards the armpit of the unaffected side. *(10 times)*
4. Place the hand of the affected arm on your chest over your breast bone (in the center of your chest) and stretch the skin towards the unaffected side. *(10 times)*
5. Place the hand of the unaffected arm on your chest so that fingers just touch the collarbone on the affected side and stretch the skin towards the unaffected side. *(10 times)*
6. Place the hand of the unaffected arm on your abdomen just to the side below the belly button. Stretch the skin towards the groin on the affected side. *(10 times)*
7. Place the hand of the unaffected arm on your abdomen between the

- belly button and the armpit. Stretch the skin towards your groin on the affected side. *(10 times)*
8. Repeat step #2
 9. Place a hand (either one) over the lower abdomen so that your fingers just touch the groin of the affected side. Stretch the skin towards the groin of the unaffected side. *(10 times)*
 10. Place a hand (either one) over the lower abdomen just above the pubic bone. Stretch the skin towards the groin on the unaffected side. *(10 times)*
 11. Place a hand (either one) over your lower abdomen so that your fingers just touch the groin on the affected side. Stretch the skin towards the groin on the unaffected side. *(10 times)*
 12. With the hand of the unaffected arm, stretch the skin of the affected arm from the elbow up towards the shoulder. First on the front of the arm, then on the outside of the arm. *(10 times)*
 13. With the hand of the unaffected arm, stretch the skin in the bend of the elbow up towards your shoulder. *(10 times)*
 14. Using the hand of the unaffected arm, stretch the skin on the forearm from the wrist up to the shoulder on the outside and top. *(10 times)*
 15. Using the hand of the unaffected arm, stretch the skin on the top of your hand from the knuckles up your arm to the shoulder. *(10 times)*
 16. Repeat step #3.
 17. Repeat step #2 .

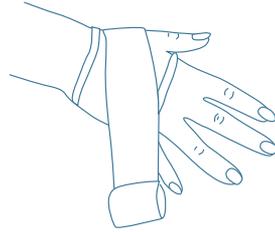
Upper Extremity Self-Bandaging Instructions



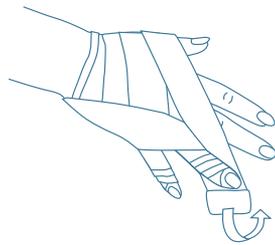
1. Begin by applying a low pH moisturizing skin lotion.



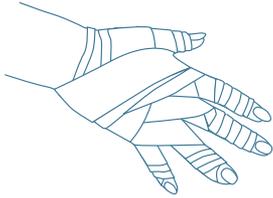
2. Cut a hole for the thumb into the stockinette and pull it over the arm. You should have at least 2" of extra material in the axilla/armpit to pull over the bandages later.



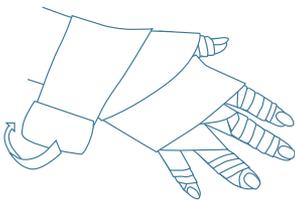
3. Use either a 4cm gauze bandage or a 6cm pre-folded bandage to bandage the fingers. Start by completing a loose circle around the very low end of the wrist (below the bony prominence).



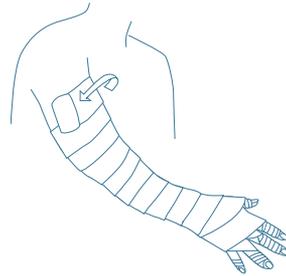
4. Continue by wrapping each finger individually with circular turns coming from the top of the hand. Make sure you maintain a slight pull on the bandage.



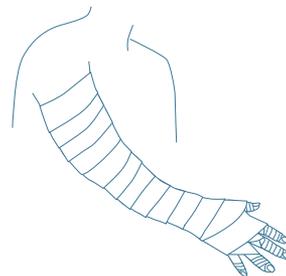
5. To completely wrap all fingers you may use two (sometimes three) Gauze Bandages. If greater compression on the top of the hand is desired, you may incorporate pre-cut foam pieces (orange or gray) into the bandage.



6. Apply a 10 cm padding bandage starting on the wrist, then the hand and back to the wrist.

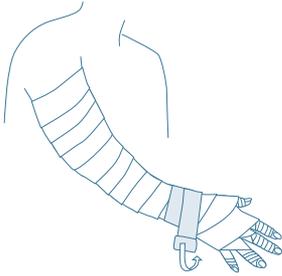


7. Use another 10 cm or 15 cm padding bandage for the forearm and upper arm, using a 50% overlap with each turn. If you use Cellona or Artiflex you may double up the layer of padding in the elbow area.

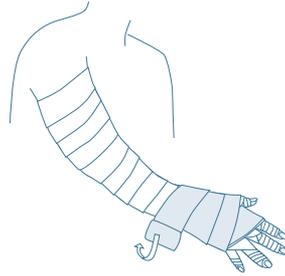


8. If you use Rosidal Soft, it is not necessary to use double layer.

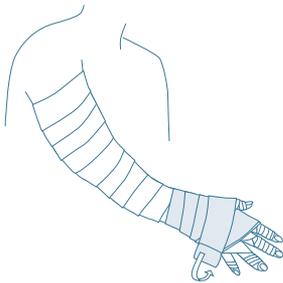
Upper Extremity Self-Bandaging Instructions *(cont.)*



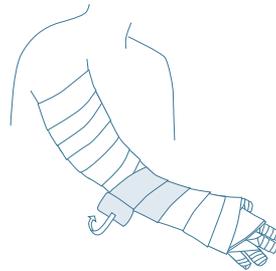
9. Using moderate tension, apply a 6 cm short stretch bandage beginning at the wrist.



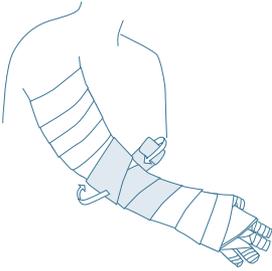
11. Continue to bandage the forearm with the remaining bandage.



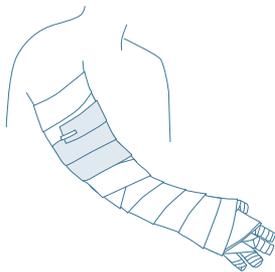
10. Cover the entire hand, including the knuckles. While you apply several circular turns around the hand, keep the fingers open and extended.



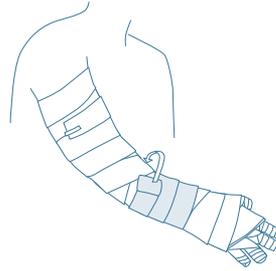
12. Proceed with an 8 cm short-stretched bandage beginning again on the wrist. Cover the entire forearm with this second bandage (make sure while doing so to keep the forearm muscles tight). Overlap the previous turn by about two-thirds.



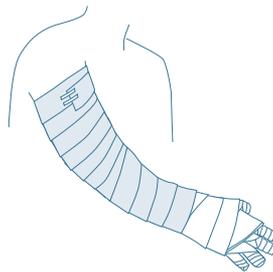
13. If there is any 8 cm bandage left, cover the elbow area with either circular or criss-cross turns.



14. If the 8 cm wide bandage is not long enough to cover the elbow, proceed with a 10 cm short-stretch bandage where the 8 cm bandage ended and continue to bandage as much of the upper arm as possible.



15. The next short-stretch bandage begins at the end of the forearm in a reversed direction. Cover the entire arm with a moderate tension and circular turns.



16. Additional compression may be achieved by applying another 10 cm or 12 cm short stretch bandage on the extremity. Make sure that the finished bandage decreases in pressure from the hand to the upper arm.

Lymphedema Prevention for the Lower Extremities

Try to avoid any injuries to the skin. Injuries, even small ones, can result in the destruction of the lymph vessels. In addition, injury brings more lymph fluid into the injured area.

- Wear the proper footwear. High heel shoes or shoes that are too tight are not only unhealthy, but they increase the risk of injury to the feet.
- Do not walk barefoot.
- Use caution when playing with pets. Scratches and bites can become infected, or cause increased swelling.
- Take precautions to avoid insect bites. A simple mosquito bite can cause cellulites (erysipelas) and further increase the size of your leg.
- Wear insect repellent when outdoors.
- Take extra precautions when caring for your feet. Do not use a razor or any sharp instrument to cut corns or calluses. Use a nail file carefully when filing toenails and a pumice stone to loosen dead skin.
- Inform all health care personnel that you have lymphedema.
- Avoid injections or any acupuncture treatments of your affected leg.
- Use caution when exercising or participating in sporting activities.
- Avoid movements that overstrain or put extra weight on the muscles.
- Avoid classical massage of the affected leg.

Do activities in moderation. Most forms of exercise are safe, but new exercises should be initiated gradually and the limb size should be monitored.

- Walking is excellent exercise with the proper footwear and the compression stocking.
- Swimming is another excellent exercise and does not cause stress to the joints.
- Throughout the day, take time to elevate your leg for a few minutes, because elevation helps promote the drainage of the fluid from your leg.
- Avoid sitting or standing for a long period of time. When you sit,

- do not cross your legs.
- Be cautious of exercising in hot weather.
- The compression stocking **must** always be worn during exercise.

Try to avoid heat.

- Do not use saunas, hot tubs or steam baths.
- Do not use hot packs or heating pads on the affected leg.
- Always apply a high SPF sunscreen on the entire limb.
- Keeping the body adequately hydrated will reduce the risk of increased swelling - so drink plenty of water!

Wear clothing that fits properly.

- Clothing that is too tight tends to restrict the proper flow of lymph fluid.
- Tight panties, girdles or undergarments tend to cut into the skin. Wear undergarments that are loose and comfortable.

Nutrition is important.

- There is no special diet for lymphedema. However, it is important to maintain a normal body weight.
- Today most nutritionists recommend a low salt, low fat diet. Salt tends to make the body retain fluid and fat keeps the fluid in the tissues.

General rules.

- Wear your bandages at night and the compression stocking during the day.
- The affected leg should be elevated at night.
- Exercises should be performed at least 4 times a week, daily is best.
- When traveling by airplane, wrap your leg in the compression bandages during the flight.
- See your doctor if you have any signs of infection (ie. heat reddening of the skin, fever, chills, further swelling), if you have a fungal infection of the foot or if you have any questions about your lymphedema.

Self-Massage for the Lower Extremity

The purpose of self-manual lymph drainage is to stimulate your lymphatic system. This self-treatment is part of your long-term self-management program, so the reduced size of your leg may be maintained and infection may be prevented. Self-massage should be done at least 4 times a week.

Sitting in a comfortable chair:

1. Starting at the neck with your hands crossed, if possible, place the flats of your fingers in the hollows over your collarbone. Gently and slowly pull the skin towards the collarbone. *(15 times)*
2. Place the flat of your hand in the armpit of the affected side. Stretch the skin towards the collarbone. *(15 times)*
3. Place the flat of your hand over your navel and breath deeply filling the lower portion of your lungs first, then the upper portion. Your abdomen should fill up like a balloon. Exhale through your mouth and press in at the same time. *(10 times)* Do this breathing exercise while lying down with your knees bent, reaching for your knees while you exhale. *(10 times)*
4. Starting just beneath the breast of the affected side, stretch/release (or gently drag) the skin of the abdominal wall from the center of your body to the side of your body. *(5 times)* Move down one hand width, and repeat. Repeat this process until you have reached the groin and then pull/release or drag the skin along the side of your body up to the armpit.
5. If your edema is one-sided, stretch/release or drag the skin from the groin of your affected leg over your abdomen and to the opposite groin or armpit. *(10 times)* Please try to do this from the affected side, across the lower back to the opposite groin nodes.

6. In the crease where the body and leg meet (the groin) stretch/release with small half circles towards the center of the body. **(15 times)**

7. Starting at the top of the thigh, stretch/release or drag the skin from the inside of the thigh to the outside **(5 times)**. Then stretch/release the skin up to and past the waistline. Repeat this until you reach the knee. Do the same for the back of the thigh.

8. Stretch/release or drag the skin on the front and back of the knee up and towards the back of the outside of the thigh **(5 times)**. And then stretch/release the skin to up and past the waistline. More time and pressure may be added when massaging around the knee if the area is fibrotic (or feels hard). Repeat this movement until you reach the ankle.

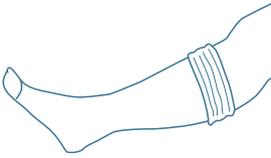
9. Stretch/release or drag the skin around the ankle (spending more time and adding more pressure for fibrotic tissue) and the top of the foot and toes towards the lower leg. The last stroke should be stretch/release or drag the skin starting from the top of the foot taking it past the waistline. Please remember that when you use the “dragging” method you must see the skin ripple.

10. Repeat step #1.

Lower Extremity Self-Bandaging Instructions



1. Begin by applying a low pH moisturizing skin lotion.



2. Put the tubular bandage on the leg. Cover the whole leg from the toes to the groin.



3. Wrap the toes with a pre-folded elastic gauze bandage. Make one complete circle around the distal end of the foot (at the base of the toes).



4. Each toe will then be individually wrapped. Coming from the top of the foot, make circular turns around each toe. Maintain slight tension on the bandage.



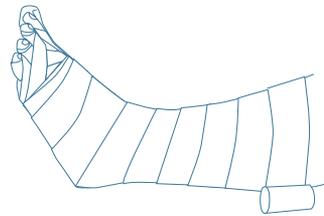
5. To achieve greater compression at the concavities (anatomical depressions below and behind the ankles) use your foam kidneys fat side toward the skin.



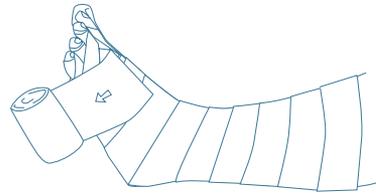
6. Start padding (width: 10 cm) at the distal end of the foot. Make two circular turns to cover the foot before proceeding to the ankle.



7. With the circles around the ankle and the heel, incorporate the pre-cut foam cushions into the bandage. Moderate tension of the padding holds them in the correct position.

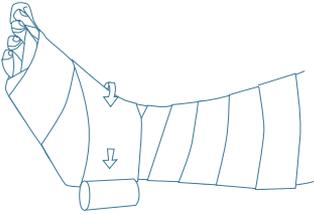


8. The calf is then cushioned with the remaining padding. To achieve a double layer of padding, let it overlap the prior turn by about 50%.

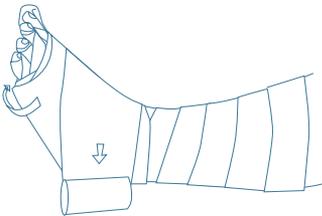


9. The first compression bandage (width: 6 cm or 8 cm) begins close to the toes with one complete circle around the foot.

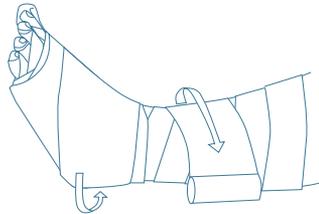
Lower Extremity Self-Bandaging Instructions *(cont.)*



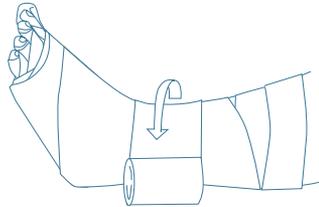
10. Holding the foot at a 90° (degree) angle, wrap the bandage around the ankle. Cover the lower part of the L-shaped foam rubber pieces using moderate tension on the bandage.



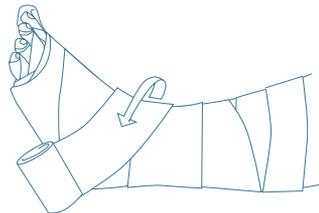
11. After crossing the bandage on the top of the foot, follow the first circle you have made around the foot. Repeat this technique (creating a figure-8) 3 or 4 times until enough compression has been achieved.



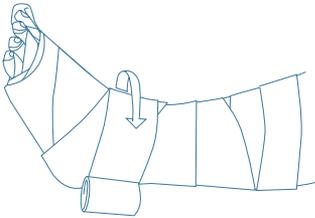
12. Apply the the remaining bandage upwards with minimal tension to the calf.



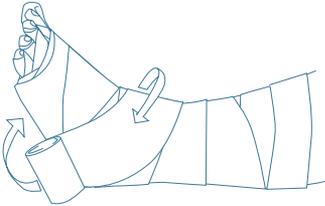
13. Begin the second compression bandage (width: 8 cm or 10 cm) with a circle just above the ankle. Use very little tension.



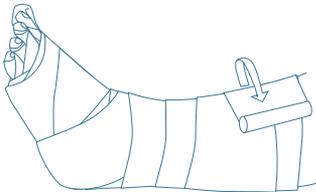
14. Sloping downward, lead the bandage to cover the heel.



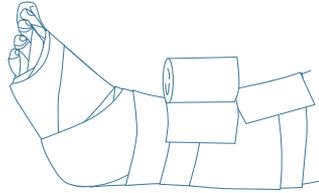
15. The next circle covers the ankle, overlapping the previous circle.



16. Then cover the sole, overlapping the previous circle which went around the heel.



17. With moderate tension, use the remaining bandage around the calf. Each bandage turn on the calf overlaps the previous one by about two thirds.

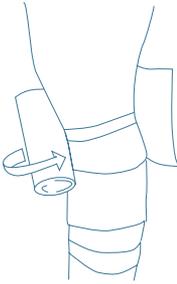


18. The third compression bandage (width: 10 cm) begins in a reversed direction above the ankle. Each individual turn overlaps the previous one by about two thirds. Note: If the foot compression is too little, you can also start the third bandage on the foot.



19. If indicated (moderate to severe lymphedema) you may use a fourth 10 cm wide compression bandage (width: 10 cm) before taping the bandage below the knee.

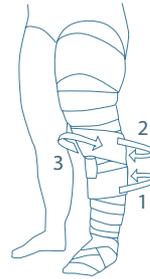
Lower Extremity Self-Bandaging Instructions *(cont.)*



20. Padding (width:15 cm) starts at the knee. Double or triple the padding bandage for more protection in the popliteal fossa (back of the knee).



21. Proceed with the padding bandage, covering all of the thigh.



22. Begin the next compression bandage (width: 10 cm) below the knee. After anchoring, the bandage runs slanting, across back of the knee. Wrap once around the distal aspect of the thigh and back down to the starting point of the bandage. Note: This criss-cross behind the knee is optional and serves for further protection for the back of the knee. The remaining bandage is used in a circumferential fashion around the knee.



23. Connect the compression bandage (width: 12 cm) to the end of the previous one and proceed toward the groin.



24. Another 12 cm compression bandage starts in a reversed direction again at the knee. The bandage is then taped below the groin.



25. Additional compression can be obtained by putting an extra layer of bandages around the leg. Check the bandage for the proper compression. A correct pressure slope is essential.

Lymphedema Exercises



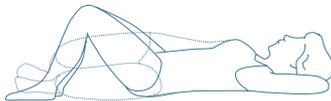
Neck Rotations

Lie on your back with your knees bent up. Slowly turn your head from side to side as far as you can. *(5 times)*



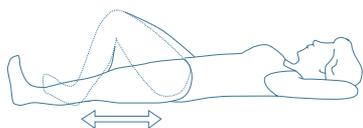
Light Bulbs

Lie on your back with your knees bent up. Raise your arms up toward the ceiling and turn your hands like you are unscrewing a light bulb. *(5 times)*



Trunk Rotations

Lie on your back with your knees bent up and let your knees fall together from side to side as far as you comfortably can. *(5 times)*



Alternate Heel Slides

Lie on your back with your knees bent up. Alternate sliding your heels down the bed to straighten your knee.

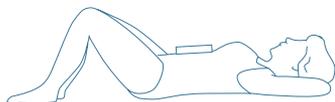
(5 times)



Ankle Pumps

Lie on your back with one leg bent up and one leg straight out. Gently pump the ankle of the straight leg

(5 times). Repeat with the other ankle. *(5 times)*



Deep Breathing

Lie on your back with both knees bent up and a book on your stomach. Take slow, deep breaths feeling the book rise and fall each time.

(5 times)

Tips for Living Healthy

- Contact your therapist immediately if you experience any slight increase of swelling in the toes, feet, ankle, leg, abdomen or genitals.
- Never allow an injection or a blood drawing in the affected leg(s). Wear a lymphedema alert bracelet.
- Avoid extreme temperature changes when bathing or sunbathing (no sauna or hot tub).
- Avoid any type of trauma (bruising, cuts, sunburn or other burns, sports injuries, insect bites, cat scratches).
- Exercise is important, but consult with your therapist. Do not overtire a leg at risk; if it starts to ache, lie down and elevate it. Recommended exercises: walking, swimming, light aerobics, bike riding, and yoga.
- When traveling by air, patients with lymphedema must wear a compression stocking. Additional bandages may be required on a long flight. Be sure to walk around a bit while in air.
- Use an electric razor to remove hair from legs and properly maintain the razor.
- Patients who have lymphedema should wear a well-fitted compression stocking during all waking hours. See your therapist for a follow-up at least every 6-8 months. If the stocking is too loose, it could indicate that the leg circumference has reduced or the stocking is worn.
- If you notice a rash, blistering, redness, increase of temperature or fever, see your physician immediately.
- Maintain your ideal weight with a well-balanced, low sodium, high-fiber diet. Your diet should contain protein that is easily digested, such as chicken, fish or tofu. Avoid smoking and alcoholic beverages.
- Always wear closed shoes. High-top tennis shoes or well-fitted boots are recommended. No sandals, slippers or going barefoot.
- Dry feet carefully after swimming.
- Wear clean socks and hosiery at all times.
- Use talcum powder on feet, especially if you perspire a great deal. Talcum powder will make it easier to pull on your compression stockings. Be sure to wear rubber gloves when pulling on stockings. Powder behind the knees often helps prevent rubbing and irritation.

Prevention is not a cure, but as a

lymphedema patient

you are in control

of your ongoing checkups & the continued maintenance of your lymphedema.

Call **Southside Rehabilitation Services** at (804) 526-1352