

## WHAT CAN I DO?

### *Early treatment is crucial!*

It is vital for individuals at high risk for lymphedema to understand the symptoms and implications associated with it.

Lymphedema cannot be cured, but it can be treated and managed, giving you a better quality of life. Let our Certified Lymphedema Therapists here at Clara Barton show you how today!

## TREATMENT

A PRESCRIPTION MAY BE REQUIRED FROM YOUR PROVIDER FOR INSURANCE PURPOSES.



BEFORE TREATMENT



AFTER TREATMENT

## Meet our Certified Lymphedema Therapists



Alesia Schneweis, DPT

Alesia is a Hoisington, KS native. She graduated from the University of Missouri-Columbia with a Doctorate of Physical Therapy and has been with Clara Barton since 2014. Alesia enjoys spending time with her dogs, watching her large collection of movies, reading, taking pictures, and working on art projects. She finds the most rewarding aspect of being a therapist is seeing her former patients thrive and continue to do activities they once thought were impossible.



Samantha Roddey, PTA

Sam was born and raised in Great Bend, KS. She graduated from Hutchinson Community College in 2017 with a Physical Therapy Assistant Associate degree and has been with Clara Barton since 2017. Sam enjoys spending time with her husband, daughter, and their two yorkies, and also enjoys riding her Harley, and creating anything artsy. She feels the biggest reward of her job is seeing her patients happy and helping them reach their goals so they can live without pain.

*Talk with your provider to see if Lymphedema Treatment could benefit you!*

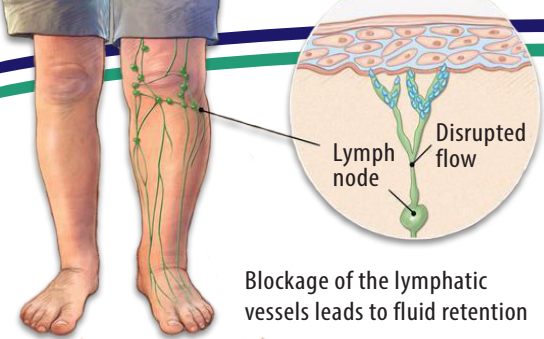


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**Clara Barton**  
THERAPY SERVICES

# Lymphedema Treatment



## WHAT IS LYMPHEDEMA?

Lymphedema is the swelling of a body part, usually an arm or a leg, often following surgery where lymph nodes are removed, or if a patient undergoes radiation or experiences trauma to a limb.

Sometimes lymphedema occurs without a known cause and can affect both females and males, occurring in all age groups.

There are a variety of other causes including chronic venous problems, hereditary, cancer, congestive heart failure, autoimmune conditions, orthopedic, as well as many others.

## SIGNS OF LYMPHEDEMA



## TREATMENT COMPONENTS

The Certified Lymphedema Therapists at Clara Barton use a combination therapy approach of Complete Decongestion Therapy (CDT). This is the most effective and least invasive treatment that consists of:

- **Compression Bandages/Garments**
- **Exercise**
- **Diet**
- **Skin/Wound Care**
- **Manual Lymphatic Drainage**



### Compression Bandages/Garments

Compression garments help control the swelling of the affected extremity. This garment requires a prescription from your provider. Garments must be replaced every 4-6 months, and sometimes more frequently, due to changes in the size of the extremity being treated. Insurance may or may not cover the cost of compression garments.

### Exercise

The repetitive movement of joints allow muscles to assist in pumping excess fluid away from the affected area and back towards to the heart.

### Diet

Eating balance meals along with avoiding alcohol, caffeine, and reducing salt intake can help reduce fluid retention.

## Skin/Wound Care

Patients with lymphedema have significantly increased risk of wound formation. Small nicks and scratches may become wounds, so good skin/wound care is important to reduce the risk of developing further complications.

## BENEFITS OF MANUAL LYMPHATIC DRAINAGE (MLD)

- ✓ Removes metabolic waste, excess water, bacteria, large protein molecules, and foreign substances from tissue
- ✓ Alleviates pain by greatly reducing the pain signals sent to the brain
- ✓ Relaxes the sympathetic nervous system, helping to relieve stress
- ✓ Supports and enhances the action of the immune system
- ✓ Helps the body to heal more quickly from injuries, surgical trauma, chronic conditions, and swelling
- ✓ Helps minimize scar formation

MLD is a type of massage, specifically focused on the lymph vessels, that helps promote the movement of lymphatic fluid out of a swollen limb.

