

# Lymphedema Treatment Success

Physical Therapist, Nick Henschel with the Manitowoc Health and Rehabilitation Center, recently completed Lymphedema Treatment with patient Gladyce Fischer. Gladyce developed Lymphedema after a mastectomy. She was suffering with increased swelling and pain in her right arm and hand. "With Nick's treatment plan, I am now pain free and the swelling is gone," stated Gladyce.

## LYMPHEDEMA TREATMENT ENTAILS:

- Manual Lymphatic Treatment
- Medical Compression Bandaging
- Exercise-before and after treatment
- Skin Care
- Compliance with daily self management program

## SIGNS AND SYMPTOMS OF LYMPHEDEMA:

- Initial swelling of the foot/ankle or hand /wrist
- Abnormal sensations of the swollen arm or leg
- Swelling that does not go down with elevation at night
- Hardness of the skin in the arm, leg or chest
- Pressure on the affected extremity, causing a delayed indentation
- Current compression garment(s) are not reducing swelling

For more information or for a FREE consultation regarding Lymphedema Treatment contact the Manitowoc Health and Rehabilitation Center.



Before Lymphedema Treatment



After Lymphedema Treatment

