

Symptoms of Lymphedema

- Painless swelling of one or both arms or legs
- Tight, heavy, or weak sensation in limbs
- Pain, aching or warmth in arm or leg
- Redness of the skin



References:

Richards, T. (2012) Lymphedema. McKesson health solutions LLC. Health and wellness resource center v2012 i1 pNA.

McFarland, J. (2012) Integrates lymph drainage Level 1.

LymphNotes (2013) The lymphatic system. Lymph notes.com. <http://>

Therapies

808 Souris Valley Rd
Weyburn, SK
S4H 2Z9

Heidi Watson
Occupational Therapy

Phone: 306-842-8443
Fax: 306-842-8450
E-mail: heidi.watson@schr.sk.ca

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Lymphedema Treatment

Relaxation, Release, and Regeneration



Heidi Watson
(OT Reg SK)

Tel: 306-842-8443

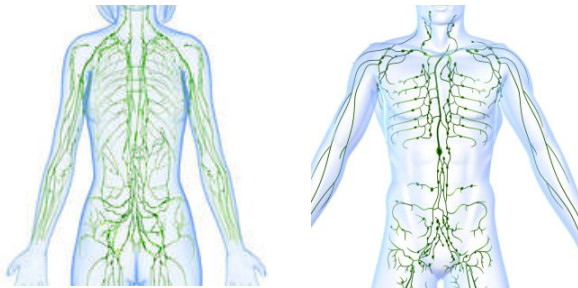
Lymphedema: What you need to know

WHAT IS LYMPHEDEMA?

Lymphedema is swelling that occurs from lymph build up under the skin in your fatty tissues. **Lymph** is a fluid made up of water, protein, fat, pathogens, dead cells, and dissolved particles. The lymphatic system is responsible for returning lymph back to the circulatory system and processing the fluid to fight infections.

Lymphedema occurs when the lymphatic system cannot drain the body's tissues as fast as the circulatory system delivers fluids. This occurs when the lymphatics system is damaged or blocked by infection, surgery, radiation or physical injury.

The lymphatic system is made up of lymph capillaries, vessels, trunks, ducts and nodes. This system accesses all areas of the body's tissues.



CAPILLARIES, VESSELS, TRUNKS, and DUCTS

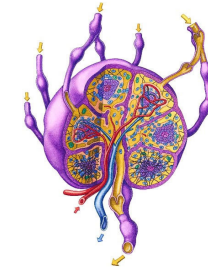
Lymph is collected from the bodies tissues by finger like lymph capillaries. These capillaries lead to pre-collector pathways that empty into collectors. These lymph vessels push lymph into lymph nodes for processing.



Lymph vessels join together to form trunks which lead to one of two ducts in the neck. The lymph ducts deposit lymph back into the circulatory system via the subclavian vein.

LYMPH NODES

Lymph travels through the lymphatic system it is processed by numerous lymph nodes. Lymph nodes contain ducts filled with lymphocytes and macrophages to breakdown waste and create antibodies to pathogens. Their function is similar to the kidneys.



COMBINED DECONGESTIVE THERAPY

CDT is used to decrease the symptoms of lymphedema. The process includes:

- Manual Lymph Drainage
- Compression Therapy
- Education
- Exercise
- Skin Care

