

MANUAL LYMPH DRAINAGE

Lymphedema is an abnormal buildup of fluid in the tissues. These techniques assist in the redistribution and absorption of this fluid.

BANDAGING

Bandaging maintains appropriate pressure in the limb. The proper bandage will assist to decrease swelling.

EXERCISE

An exercise program will be customized by your therapist to address your specific needs and abilities.



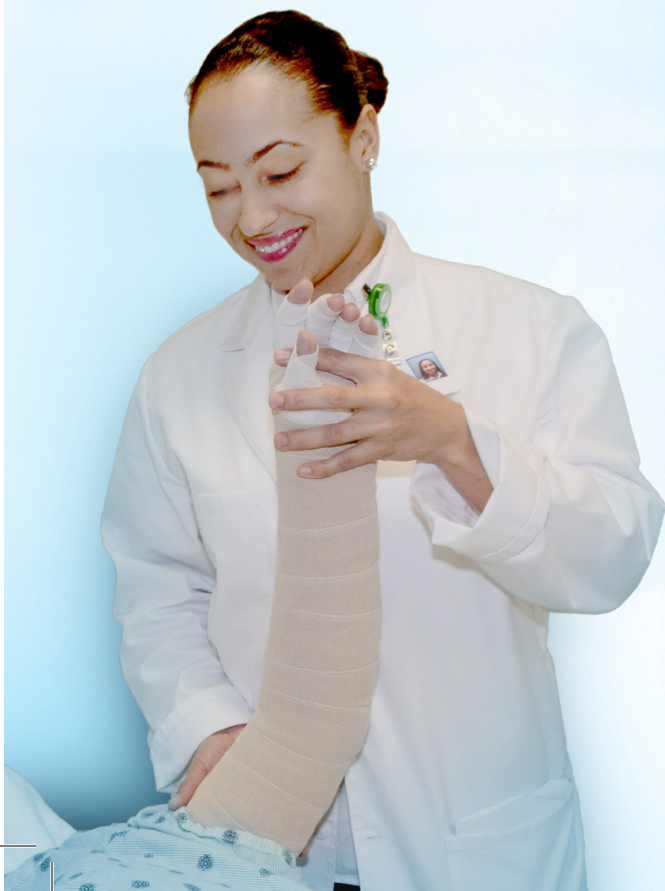
Lymphedema can result from postsurgical interventions, chronic venous insufficiency, as a sequela of disease or trauma, parasite infections and reactions to certain treatments.

The effects of lymphedema may include any of the following: loss of functional mobility, increased risk of infection and loss of tissue function.

The lymphedema program is designed to provide patients with comprehensive treatment including manual lymph drainage, skin evaluation, exercise, bandaging techniques and garment wear to control swelling.

Our trained staff's goal is to provide patients with the knowledge to manage chronic lymphedema over time, helping them to remain active in their daily life tasks.

Therapy is provided in the Holy Cross Outpatient Rehabilitation Department. A typical treatment consists of daily sessions for two weeks. Family participation is highly encouraged.





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Comprehensive Lymphedema Management Program Outpatient Rehabilitation

PROGRAM ENROLLMENT

Ask your physician for a prescription so you can enroll in our lymphedema program.

Treatment is normally covered by most insurance plans, as well as Medicare and Medicaid.

For more information or to schedule an appointment, please call the Holy Cross Hospital Physical Medicine and Rehabilitation Department
(954) 492-5738



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Fort Lauderdale, Florida 33308
www.holy-cross.com

*If you are an international patient,
please call 866-262-8621.*



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