

Patient Selection

- Primary Lymphedema
- Post-Mastectomy and Breast Cancer Patients
- Surgical Patients with Upper or Lower Extremity Lymph Node Complications
- Hodgkin's Disease Patients
- Post-Prostate Cancer Patients
- Patients with Lymph Node Complications

Cumberland Orthopedic and Spine
Physical Therapy
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Mechanicsburg, PA 17050

717-591-3000
717-591-3003-FAX
Monday-Friday 7am-7pm

Visit our website at:
www.cumberlandphysicaltherapy.com

Does Insurance Cover this Treatment?

Answer: In most cases, the answer is Yes. Our office staff will gladly research this for you and provide you with coverage information prior to treatment being started.

How long is the treatment?

Answer: Your initial evaluation can take up to 2 hours. Upon the conclusion of the evaluation, you will be given recommendations for an optimal treatment program including the frequency of visits and the duration of each session.

Do I need a doctor's referral?

Answer: Yes. According to Pennsylvania state law, a physician's referral is required for all physical therapy treatments.



CUMBERLAND ORTHOPEDIC & SPINE
PHYSICAL THERAPY

Lymphedema Treatment Program

Karen J. Bair, PT



Lymphedema: What is it?

Answer: Lymphedema is a high protein edema that develops due to a disruption in the normal lymphatic flow. This may happen in cases where lymph nodes have been surgically removed, treated with radiation therapy, or trauma has occurred to the lymph nodes or vessels.

How can Physical Therapy help this condition?

Answer: Lymphedema can be treated via physical therapy provided in the form of skin care, manual lymph drainage (MLD), pneumatic compression treatments, multi-layered bandaging, exercise and provisions of appropriate compression garments. The combination of these treatment methods is called comprehensive physical therapy or complex decongestive physical therapy.



Does Cumberland Orthopedic and Spine Physical Therapy offer this type of therapy?

Answer: Yes! We provide lymphedema management under the care of Karen Bair, BS, PT.

A physical therapist since 1983, Mrs. Bair has been treating lymphedema since 1997. She has studied philosophies and techniques from two different European Lymphedema schools including LeDuc School, and offers a thorough approach to lymphedema management.



Evaluation

A thorough evaluation of the patient's condition will be completed to determine the level of Lymphedema, range of motion and strength deficits, functional difficulties and personal goals.

Exercise

An individualized exercise program is given based on the patient's deficits for strengthening, flexibility and endurance to help promote lymph flow and drainage. The patient is encouraged to perform exercises as part of their home program and continue upon discharge from the program.

Education and Self-Management

Education is provided to reduce the recurrence of Lymphedema; skin care and precautions for infection or increased Lymphedema; specialty garments are recommended following maximal edema reduction.

Treatment Outcomes

Reduced swelling to enable performance of daily living, return to work and leisure activities and pain management for improved functional use of effected limb, decreased risk of infection and enhanced self esteem/body image.