

Exercise, Skin Care, and Infection Prevention

Clients may be taught a series of low breathing exercises to stimulate lymphatic return. Training on skin care, infection recognition and response is also included.

Home Maintenance Instruction

Clients are instructed in self-bandaging, compression garments, and self-MLD for the maintenance phase of therapy. Clients are assisted in the purchase, care, and replacement of an appropriate compression garment.

The therapists at FCMC are highly trained, certified professionals in lymphedema management. We look forward to demonstrating our care, compassion and expertise with you in managing your lymphedema.

Other Diagnosis that can benefit from CDT:

- Chronic venous insufficiency
- Chronic swelling
- Post-operative swelling
- DVT
- Fibromyalgia
- Rheumatoid arthritis



Specialized Staff Bio:



Lauren Everetts is a Certified Lymphedema Therapist, with specialized training completed by Klose Training. She has been a physical therapist at FCMC since 2011. She graduated with her doctorate in physical therapy from Shenandoah University, in Winchester, Va. She graduated from Penn State University with

her Bachelors in Movement Science. She is originally from Shippensburg, Pa but has lived in Fulton county since 2011.

Rehabilitative Services

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Lymphedema: Complete Decongestive Therapy

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*For Health Care
Close to Home*

What is Lymphedema?

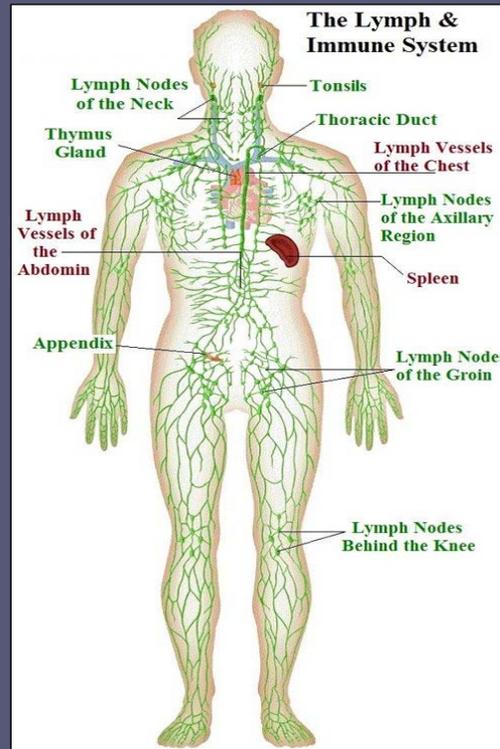
The lymphatic system is a network of vessels that transports lymph, a protein-rich fluid back to the blood. Lymphedema is chronic swelling due to an accumulation of this lymph fluid in the soft tissue. The buildup of stagnant fluid causes a mild to severe increase in limb girth, a decrease in tissue healing ability, and a high susceptibility to infections or cellulitis in the affected limb.

Lymphedema most often occurs in the arm or leg, but can also occur in the face, neck, abdomen, or genitals

Primary lymphedema is the result of missing or impaired lymphatic vessels; symptoms may develop at birth or later in life

Secondary lymphedema, a much more common type, is a result of lymph vessel damage or lymph node removal during surgery or radiation therapy.

It may also occur after injury, scarring, trauma, or infection of the lymphatic system.



A comprehensive Lymphedema Treatment Program

Evaluation

- Evaluation by a therapist includes
- Complete medical history
- Sensory evaluation & Pain assessment
- Range of motion and muscle testing
- Girth measurements
- Daily living and work requirements.

Manual Lymph Drainage (MLD)

Manual technique which reroutes lymph around blocked or damaged lymph node. This technique also reduces the susceptibility for infection, softens tissue, reduces edema, and improves the appearance and functional use of the extremity.

Compression Bandaging

Short stretch bandages are used to prevent the re-accumulation of evacuated lymph fluid and to break up deposits of accumulated scar and connective tissue. During the active phase of treatment, the bandages stay in place until the next MLD session begins. During the maintenance phase of therapy, the client is encouraged to wear the bandages while sleeping. The client is encouraged to wear compression garment during the day and either a night time garment or self-bandage while sleeping if necessary.

