

**PHYSICIAN ORDER
FOR LYMPHEDEMA**

Date

Patient Name

Patient Phone #

Patient Diagnosis:

- UE Diabetes
 LE Vascular Insufficiency
 Lymphedema

Patient is cleared for blood clots with or
without Doppler study

There is no danger in using a pump, manual
therapy or bandaging on this patient as they do not
have active CHF or other cardiac condition that
could be exacerbated by this type of treatment.

Physician Signature

Physician Name (printed)

Office Phone #

Please fax/mail to:
Smart Healthplex
2000 Foundation Way, Suite 1200
Martinsburg, WV 25401
(304) 264.1214
(304) 264.1331 Fax

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CITY HOSPITAL'S

**SMART CLINIC
& FITNESS
CENTER**



**Lymphedema
Therapy Program**

Certified Lymphedema Therapy

Manual Lymphatic Drainage

Bandaging

Pumping

LYMPHEDEMA THERAPY PROGRAM

City Hospital now offers a program for the care and education of the lymphedema patient.

Lymphedema is a progressive condition characterized by four main components:

- Excessive protein in the tissues
- Excessive fluid in the tissues
- Chronic inflammatory reactions
- Excessive deposition of fibrous tissues.

Lymphedema, if untreated, results in an abnormal amount of protein fluid collecting in the tissues of the extremity. This stagnant, protein rich fluid not only causes tissue channels to increase in size and number, but also reduces oxygen through the transport system, which interferes with wound healing and provides a culture medium for bacteria that can result in various infections. A chronic inflammatory condition stemming from this accumulation of fluid eventually results in fibrotic or hardened tissues.

A person that has these signs and symptoms is appropriate for referral to evaluate for the lymphedema program:

- Increase in size of limb
- Feeling heat in limb
- Bursting sensation in the limb
- Red patches
- Pitting of the skin
- Puffiness
- Aching limb (especially shoulder)
- Warmer breast after lumpectomy
- Swelling of opposite side
- Feeling of tenderness in inguinal area
- Inability to pick up fold of skin on a digit between finger and thumb
- Compression garment too tight
- Pins and needles in fingers or toes

What does a patient suffering from lymphedema needs to learn:

- Prevention. A referral of a patient at risk would be appropriate.
- Use of compression garments
- Independent self massage
- Exercises

Lymphedema risk factors:

- Lymphoma
- Removal of lymph nodes
- Cancer
- Vascular insufficiency
- Radiation
- Cording
- Obesity
- Poor wound healing
- Diabetic lower extremity issues
- Pelvic surgery

Is there a cure for Lymphedema?

The key is early intervention and proper treatment. From such treatment, the patient would benefit from the condition being controlled which would allow the individual to lead a normal fulfilled life. This is, however, often a persistent condition. Treatment would include the instruction of self-management and evaluation and fitting of proper compression garments which are essential factors in control.

Comprehensive lymphedema management may be unsafe for those that suffer from CHF or other cardiac issue because of the amount of fluid that is moved.

Todd Anderson, OTR/L
Certified Lymphedema
Therapist

