



Physical Therapy for Lymphedema

Recover.
Recharge.
Rise®.

X "My range of motion has improved noticeably, and the soreness has diminished until it is almost gone! I have learned how to manage my condition and move fluids toward other lymph nodes if necessary. This has been a very positive experience!" - **Jeanne O., Patient**

X "I have my mobility back! From what I learned, I will be able to keep my condition under control. Lymphedema won't take my quality of life!" - **Harry W., Patient**

Our lymphedema rehabilitation program will help your patients return to the quality of life they deserve. Advanced Physical Therapy Center's certified lymphedema therapists provide a non-invasive, evidence-based, safe, and effective treatment approach that includes:

- Complete decongestive therapy
- Circulation improvement
- Swelling reduction
- Wound prevention and management
- Functional activities and LE Strengthening that improves mobility and self-care activities
- Education and facilitation of long-term management

Our program can help your patients on their "road to recovery". Recovering and managing lymphedema regardless of the origin is hard enough and can result in impaired quality of life, increased dependence on caregivers, and the inability to perform self-care activities. Lymphedema also takes an emotional toll on patients, therefore, supporting the patient through the recovery process physically and emotionally is our number one priority. For those suffering with lymphedema, our certified lymphedema therapists have the training and tools to help your patients recover more comfortably and help them self-manage lymphedema lifelong.

Flint: (810) 732-8400

advancedphysicaltherapy.com



Our Treatment Programs Get Results

Advanced Physical Therapy Center utilizes Complete Decongestive Therapy, a four-pronged treatment that is considered the Gold standard for treating lymphedema. This treatment is effective and is tailored to the needs of each individual patient.



Skin Care: Includes assessment, treatment, and patient and family training to manage impairments in skin integrity.

Manual Lymph Drainage (MLD): Specialized manual techniques that stimulates lymphangiomotorocity to decongest the affected limb.

Compression Therapy: Specialized compression wrapping technique used with lymphedema specific bandages.

Gentle Decompression Exercises: Effective yet gentle exercises to improve the muscle pump mechanism to manage their lymphedema long-term.

