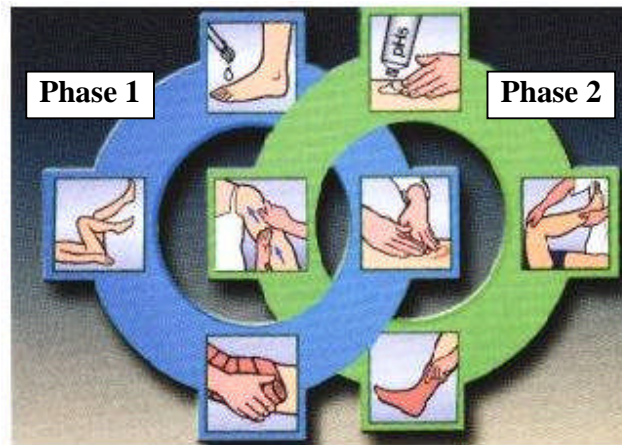




## Lymphedema Treatment Program

### Two Phase Therapy for Lymphedema



Phase 1 (Treatment Phase) (Daily Treatments) 2-4 Weeks	Phase 2 (Maintenance Phase)
<ol style="list-style-type: none"> <li>1. Meticulous Skin and Nail Care</li> <li>2. Manual Lymph Drainage</li> <li>3. Compression Bandaging</li> <li>4. Remedial Exercise</li> <li>5. Self Care Training</li> </ol>	<ol style="list-style-type: none"> <li>1. Compression Garments (During The Day)</li> <li>2. Bandage (At Night)</li> <li>3. Meticulous Skin and Nail Care</li> <li>4. Remedial Exercises (Daily)</li> <li>5. MLD as Needed</li> <li>6. Follow-Up Visits</li> </ol>

### CDT Treatment Goals

- Volume Reduction (Fluid, Fibrosis)
- Restore Mobility/ROM
- Infection Prevention
- Improve Cosmesis
- Improve Psychosocial Morbidity
- Improve Quality of Life