

Therapy that
moves you

Experience the Restorative Powers of Lymphedema Therapy

Florida Hospital Sports Medicine and Rehabilitation offers lymphedema treatment in order to restore patients to the life they love. At the heart of our rehabilitation services is a diverse team of rehab specialists who will work with you to create an individualized plan of care that promotes health, healing and wellbeing.



Outpatient Rehabilitation Lymphedema Treatment

What is Lymphedema?

Lymphedema is swelling of a body part, most often an extremity, caused by the abnormal accumulation of lymphatic fluid. Although it is a chronic and progressive condition, it can usually be brought under control by good care and attention to certain basic rules.

Primary Lymphedema

Primary cases are those that occur without any obvious cause and may be present at birth, adolescence or may develop after age 35. Primary Lymphedema is more common in females and occurs more often in the lower extremities.

Secondary Lymphedema

Secondary Lymphedema is caused by injury, scarring or excision of the lymph nodes. This usually occurs as a result of previous radiation, and/or surgery of lymph nodes. Occasionally, trauma or chronic infections of the lymph system can also cause Secondary Lymphedema.

Treatment for Lymphedema

We use Complete Decongestive Physiotherapy (CDP), also referred to as Complex Decongestive Therapy to treat Lymphedema patients.

- 1. Hygiene and Topical Skin Products:** Meticulous hygienic care with or without antibiotics is essential. The aim of this treatment is to eliminate bacterial and fungal growth, which can lead to repeated attacks of cellulitis and/or lymphangitis.
- 2. Manual Lymph Drainage:** This technique empties and decompresses obstructed lymph vessels by rerouting the fluid into body segments where the lymph system is functioning properly. Such therapy facilitates the unhindered flow of lymph fluid into the venous circulation and allows the limb to return to normal or near normal.
- 3. Pneumatic Pumps:** Manual Lymph Drainage is preferred to mechanical pneumatic pumping because it does not damage remaining lymphatic vessels or their delicate valves.
- 4. Bandaging and Compression:** Bandaging of the affected limb follows each manual lymph drainage session. This is an important component as it prevents the affected limb from refilling with inactive lymph.
- 5. Remedial Exercises and Elevation:** Corrective exercises with bandages in place are prescribed for every patient. This step activates the muscle groups and joints of the swollen limb and results in an increase in lymph flow and over time, in further reduction of the swollen limb.

To schedule an appointment, call (407) 303-8080.
For more information, visit FHSportsMed.com



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