

# Lymphedema Focus

A Public Service Newsletter Presented by TuDor Physical Therapy

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## Manual Lymphatic Drainage Therapy (Maintaining A Healthy Lymphatic System)

Over the course of several newsletters, we have explained the various treatment options available for patients suffering from the effects of lymphedema. These methods include; Low level laser (LLLT), compression therapy, and manual lymphatic drainage which, in combination, are highly effective in reducing the symptoms of this condition. Of the three, manual lymphatic drainage can also provide a long-term, holistic approach to promoting an overall healthy lymphatic system.

The lymphatic system is a complex network of vessels and ducts that move fluid throughout the body. It is responsible for moving toxins away from healthy cells and carrying germ-fighting materials to cells when they are under attack by viruses. Though fluid moves through the lymphatic system, it does not have its own pumping mechanism. Manual lymphatic drainage (MLD) is a type of therapy that is intended to help the body produce a free-flowing lymphatic system. MLD promotes the body to use other accessible pathways available in our anatomy to move this fluid that our body usually does not use.

Lymphatic drainage therapy consists of a manual massage, performed by a lymphatic drainage therapist. A lymphatic drainage massage primarily focuses on specific lymph nodes, and points of the body, as well as the natural flow of the lymphatic system.

Proponents of lymphatic drainage believe that the process will reduce blockages of the lymphatic system, which in turn promotes a healthier body.



At TuDor, our Certified Lymphatic Physical Therapists have provided treatment with this method since 2005. In providing this treatment, they have discovered that manual lymphatic drainage has helped people diagnosed with lymphedema but also patients suffering with other medical problems including:

- status post surgery edema
- trauma or chronic edema
- reflex sympathetic dystrophy (shoulder/hand syndrome)
- chronic migraines
- sinusitis
- arthritis joint pain
- chronic immune system issues

Manual lymphatic drainage therapy is proven to have a healing effect, while also promoting the superficial lymphatic circulation.

TuDor Physical Therapy Centers are committed to providing our clients with the most advanced and quality care for this and other problems related to lymphedema. If you are interested in learning more, please call one of our lymphedema therapists directly at our Cornersburg or Warren offices.



*For more information about treatment for lymphedema, contact:*

**Cornersburg**      **330-799-6298**

**Warren**              **330-372-0207**

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