

Lymphedema

Specialized Treatment Program



Do you experience any of the following symptoms?

- Swelling in your arms or legs
- A feeling of tightness or heaviness in your extremities
- A loss of range of motion
- Aching feeling or discomfort in your arms or legs
- Thickening or hardening of the skin
- Frequent infections in an extremity

If so, you may benefit from Sitrin's Lymphedema Specialized Treatment Program.

Lymphedema is an abnormal swelling of areas in the body (typically the extremities) due to an accumulation of lymphatic fluid. There are two types of lymphedema: primary and secondary. Primary lymphedema can be congenital, hereditary, or appear at the onset of puberty. Secondary lymphedema is usually caused by trauma, radiation, surgery, or infection. In either case, the upper and/or lower extremities may experience massive swelling. Unless treated with the proper therapy, lymphedema patients may lose much of their ability to participate in the activities of daily living.

Sitrin's lymphedema program focuses on education, as well as treatment of lymphedema patients. Specially trained occupational therapists work with patients and caregivers to provide treatment and training in the following areas:

- Skin care
- Special self-massage
- The proper use of compression bandages
- Exercises that improve the flow of lymphatic fluid and maintain joint function

Through this specialized treatment program, most patients experience a decrease in swelling and increase in mobility and range of motion. Most importantly, the program helps patients better understand and manage their condition so they can enjoy a greater quality of life.

Those interested in participating in Sitrin's Lymphedema Specialized Treatment Program must first obtain an occupational therapy referral from their physician.

**For more information, please call
(315) 797-8000.**

Related Services offered at Sitrin:

- ▶ **Occupational Therapy**
- ▶ **Massage Therapy**
- ▶ **Aquatic Therapy**

SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

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