



Cayuga
Medical Center
at Ithaca

**Physical Therapy and
Sports Medicine**

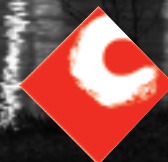
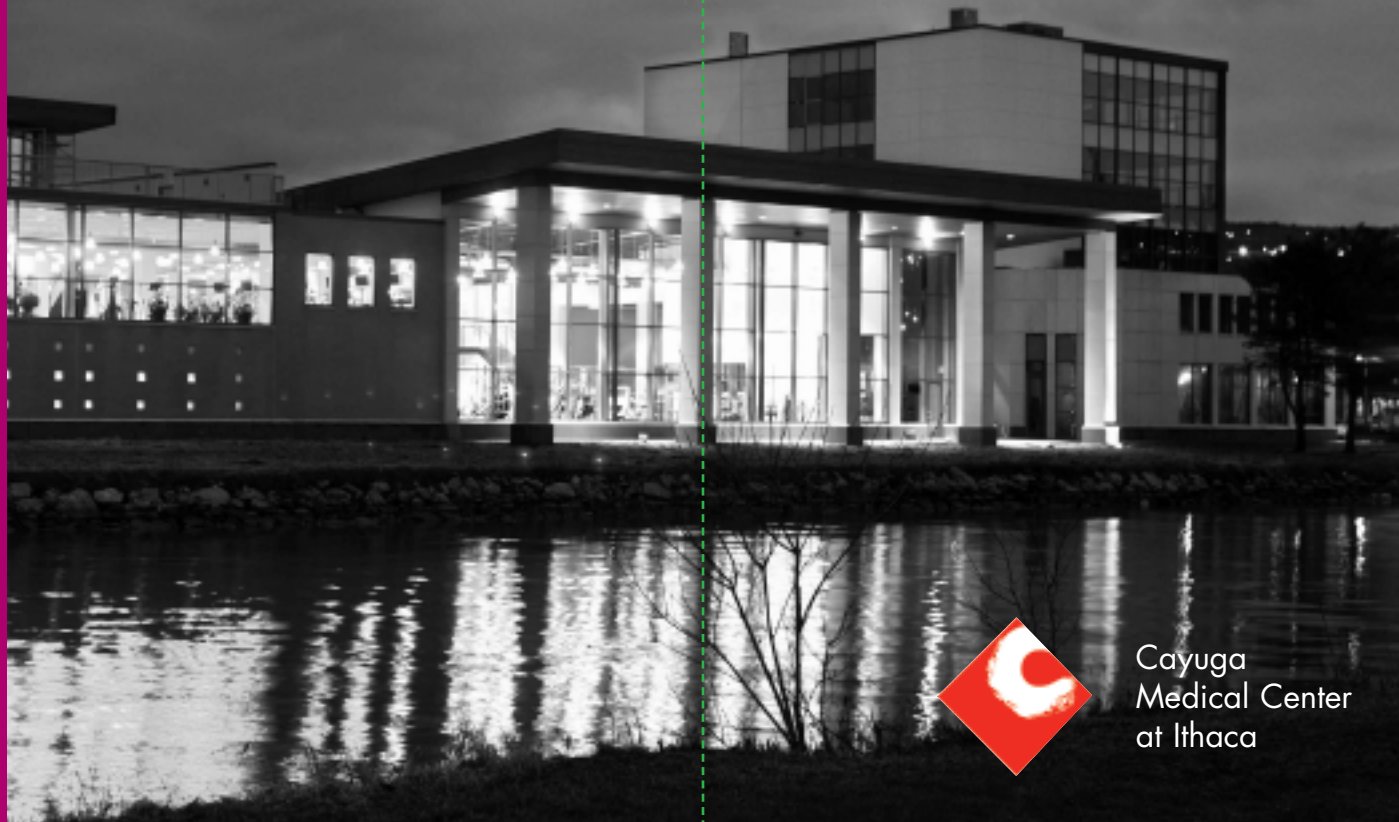
Island Health Center
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Convenient Care at Ithaca
10 Arrowwood Drive
Ithaca, NY 14850
(607) 274-4159

www.cayugamed.org

**Cayuga Medical Center
Physical Therapy and
Sports Medicine**

Lymphedema Management Program



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Cover:
*Island Health Center/Island
Health & Fitness Center*

Welcome to Physical Therapy and Sports Medicine at Cayuga Medical Center.

With an experienced team of credentialed physical therapists and athletic trainers on staff, Cayuga Medical Center has emerged as the area's leader in physical therapy services. Our team has a breadth of training and expertise that is unmatched in the Finger Lakes region.

We provide therapeutic and rehabilitation services for both our active and recuperating clientele. The information in this brochure will tell you more about the specific approach to treatment you are undertaking. When you meet with your therapist, he or she will be happy to answer additional questions you may have.

LYMPHEDEMA MANAGEMENT PROGRAM

Abnormal swelling of the limbs, breast, abdomen, head, or neck caused by an accumulation of lymphatic fluid is called lymphedema. This condition develops when there is damage to or removal of lymphatic vessels, or when there is an inherited (primary) impairment or lack of lymph vessels. When lymphatic vessels are impaired enough to block the flow and proper drainage of lymphatic fluid, swelling occurs. Left untreated, lymphedema can become painful and disabling.

What does this program offer?

The Lymphedema Management Program starts with a thorough evaluation and proceeds with an individualized treatment regimen. In treating lymphedema, we use the following modalities:

Manual Lymphatic Drainage: a gentle, light touch massage designed to enhance protein reabsorption and the flow of lymphatic fluid, and reduce swelling and tension in the affected limb or area.

Bandaging: multilayered compression bandages with low elasticity applied to affected limbs. They are worn 24 hours a day throughout the treatment period, and are only removed to shower, for skin care, to evaluate swelling, and to perform manual lymphatic drainage

Compression Garments: sleeve or stocking

Skin Care: to prevent infections or increased swelling

Exercise: an individualized exercise program to reduce swelling and pain, and to increase range of motion

Who is the program right for?

This program can help individuals with primary lymphedema and lymphedema caused by surgical procedures or radiation therapy resulting in the removal of or damage to lymph nodes or vessels.

What are the benefits?

- Improved flow of lymphatic fluid
- Reduction of swelling and tension in the affected limb or area
- Prevention of infections

Where is this program offered?

The Lymphatic Management Program is offered at the Convenient Care at Ithaca.

Does my insurance cover this?

If you have a medical diagnosis and a referral from a physician most insurances do cover physical therapy for lymphedema management. Check with your insurance company to see if your policy covers physical therapy services.

How do I get started?

Begin by talking with your doctor because a physician's referral is required for the Lymphedema Management Program. To schedule an appointment with one of our lymphedema specialists, call (607) 274-4159. Bring your physician's referral with you to your first appointment.

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Convenient Care at Ithaca, 10 Arrowwood Drive,
just off Warren Rd. in Ithaca
Phone: (607) 274-4159