

Manual Lymph Drainage

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Manual Lymph Drainage is a protocol of specific soft tissue techniques designed to assist the lymphatic system's function. Lymph fluid movement is essential for proper immune function, tissue repair, and cellular health. Gentle, slow, repetitive strokes lightly stretch the skin and lymph vessels in both a parallel and a perpendicular direction to encourage more efficient lymph fluid movement. Manual Lymph Drainage techniques are precise, rhythmic, and applied in a prescribed direction and sequence to enhance lymph circulation. Manual Lymph Drainage is used for general wellness, to enhance healing, and to treat lymphedema. Indications for Manual Lymph Drainage include post surgical swelling, traumatic injury, sinus congestion, fibromyalgia, arthritis, chronic pain, tinnitus, scleroderma, complex regional pain syndrome, ulcers, burns, scars and stress reduction. For the treatment of lymphedema, Manual Lymph Drainage can be effectively used as a stand-alone treatment or with Combined Decongestive Therapy.

Complete Decongestive Therapy

Complete Decongestive Therapy is a treatment for the management of lymphedema. Lymphedema is an accumulation of water and protein in the tissues and is caused by mechanical insufficiency of the lymphatic system. Lymphedema often presents in an arm or leg, but may present anywhere in the body. Complete Decongestive Therapy is applied as a two-phase program - an intensive phase and a maintenance phase. The intensive phase is applied daily over a two to four week period and includes daily Manual Lymph Drainage treatment, compression with specialized compression bandages, skin care and decongestive exercises. The compression bandages are applied at the end of each treatment and prevent re-accumulation of fluid that has been manually evacuated during each Manual Lymph Drainage treatment. Daily treatments continue until fluid volume is reduced to a more therapeutic level. In the second maintenance phase of Complete Decongestive Therapy, the patient wears compression garments to prevent lymph re-accumulation. The patient continues proper skin care and decongestive exercises at home. If you suspect that you have lymphedema, we recommend that a physician diagnose your condition before initiating Complete Decongestive Therapy.



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