



TWIN FALLS

254 River Vista Place
(208) 734-7333

BURLEY

1259 Overland Ave
(208) 647-0184

BELLEVUE

733 N. Main Street
Suite E
(208) 788-0777

**Physical,
Occupational,
&
Speech
Therapy**

*providing
one-on-one
individualized care
for adult and pediatric
clients*

What Is Lymphedema?

Lymphedema is a chronic condition, it can cause difficulty with normal daily activities and altered body image. There is treatment available to manage this condition and improve function.



Lymphedema is a pathological condition characterized by obstruction of lymphatic vessels (by scar tissue or tumor) and accumulation of fluid in tissues.

Lymphedema is a high protein edema which leads to fibrosis and scarring of tissue. Any trauma to the lymphatic system can lead to lymphedema. After surgery, lymph node removal or radiation treatments there is a state of lymph stasis.

Symptoms of lymphedema vary but may include: heaviness, tightness, burning sensation, and hypersensitivity to pain. People who are at risk of lymphedema are those who have had surgical removal of lymph nodes due to breast cancer, lumpectomy, mastectomy, radiation, chemotherapy or surgical procedures and scar tissue formation. Lymphedema may occur in the arms, legs or any part of the body.

Lymphedema is not always associated with a history of cancer.

There is help available to treat your swelling

Lymphedema is a chronic condition and must be managed to avoid tissue fibrosis and scarring. Lymphedema treatment includes education regarding skin care and techniques for self-care. Manual lymphatic drainage techniques are performed as well as a multi-layered bandage and exercises to reduce size of the extremity and improve lymphatic function. Treatment is based on your particular needs, ranging from a one time visit for education and management techniques to an intense treatment plan for reduction of swelling and lifetime management.

Swelling may be due to an orthopedic or abdominal surgery or injury and impaired lymphatic function.
Our certified lymphedema therapist can help.

Whether you suffer from primary lymphedema, secondary lymphedema or other swelling due to impaired lymphatic function, treatment is available.

Treating You To A Better Life

www.primarytherapysource.com