

After evaluation, a typical treatment program usually takes two to four weeks and could include any or all of the following:

- **Manual lymph drainage:** Using a non-invasive, manual therapy technique, lymph fluid is drained from the affected extremity's superficial lymph vessels.
- **Compression bandaging:** The affected extremity is wrapped with low-stretch bandages, resulting in fluid reduction.
- **Sequential compression pumps:** In some cases, the therapist may use compression pumps in conjunction with manual lymphedema therapy. Some patients also use sequential compression pumps at home when needed.
- **Skin care management and treatment:** An essential component of the overall success of lymphedema therapy, this keeps tissue healthy and maximizes skin nutrition. Our therapists look closely for early signs of redness and/or infection.
- **Therapeutic exercise:** Exercise, including flexibility, strengthening and aerobic activity, often helps the lymphatic system drain excess fluids.
- **Kinesio Taping:** Based on the body's natural healing process, this technique activates neurological and circulatory systems to facilitate the flow of fluids.
- **Self-management instruction:** Therapists will teach you how to manage lymphedema while at home.