

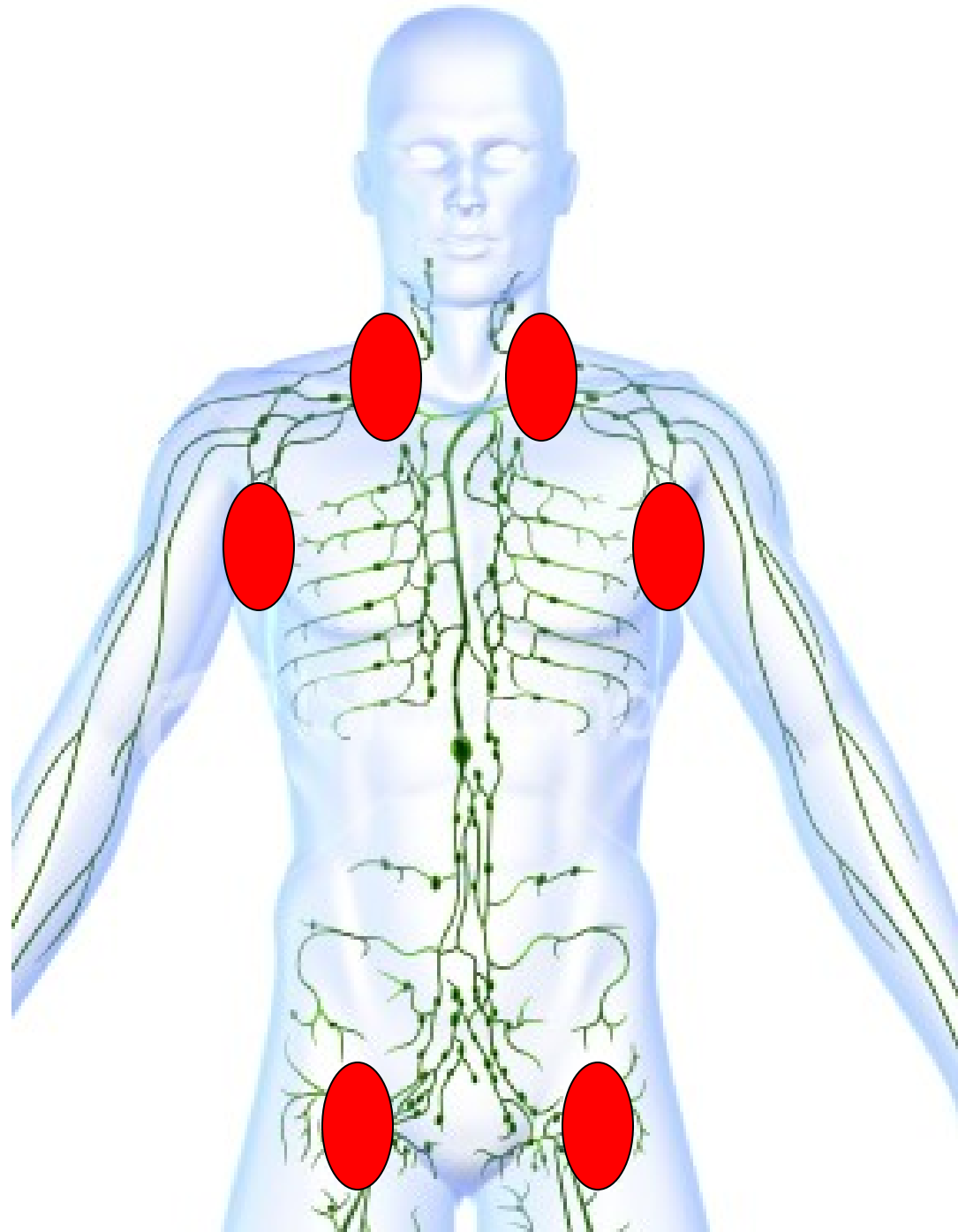
Manual Lymphatic Drainage “MLD”

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Lymphedema

- A condition in which excess lymph fluid collects
 - Where?
 - Anywhere in the body
 - Why?
 - The amount of fluid in the body is greater than the lymph system's ability to move it out of the body
 - Why should I have treatment?
 - Lymphedema progresses if untreated
 - Lymphedema can eventually interfere with activities and daily living



Lymphedema Classifications

- **Acute**
 - Lymphedema that arises suddenly and lasts from 3 to 6 months
- **Chronic**
 - Lymphedema that last longer than 6 months
- **Primary**
 - Lymphedema that occurs with no known cause (idiopathic) and is not related to any other medical condition
- **Secondary**
 - Lymphedema that occurs due to radiation, trauma to the lymphatic system, removal of lymph nodes, infection

Lymphedema Treatment

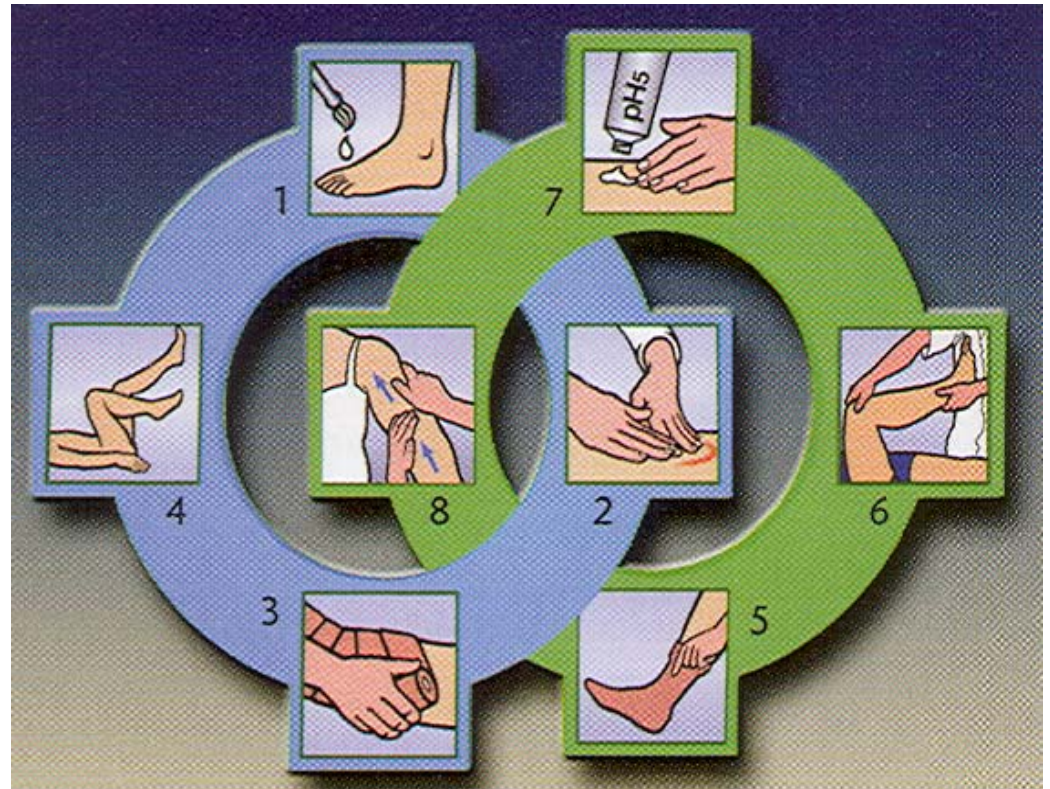
Complete Decongestive Therapy

Components

Phase I- Intensive

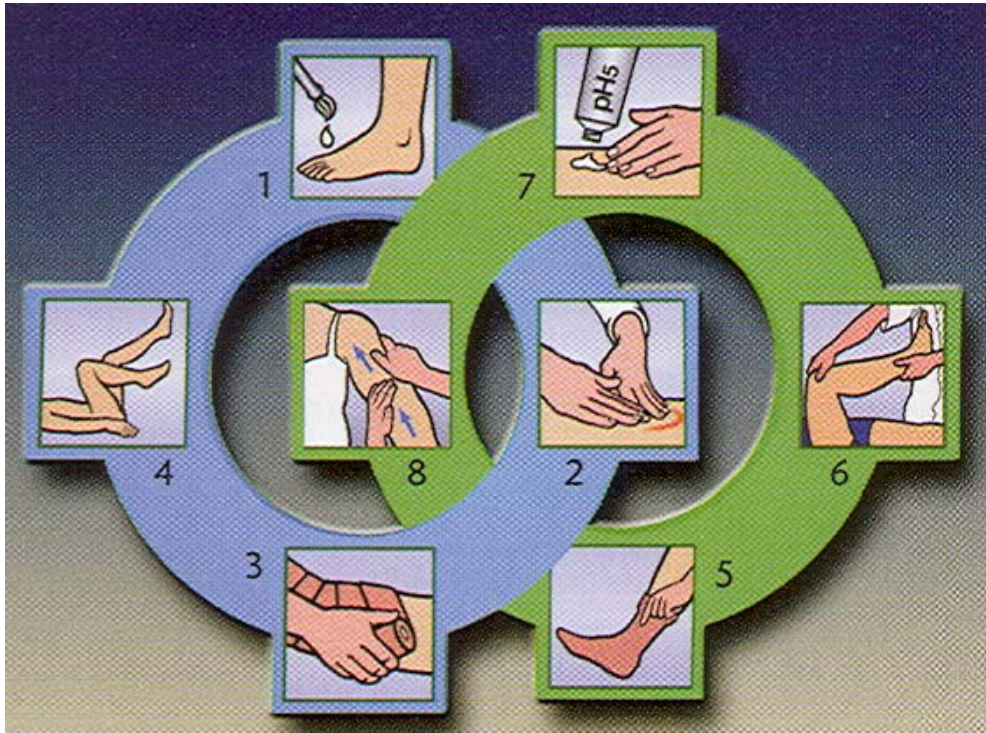
- Skin Care
- Manual Lymphatic Drainage
- Compression
- Exercise

Education



Complete Decongestive Therapy

Phase II- Maintenance



- Compression
- Exercise
- Excellent skin care
- Self MLD= Simple Lymphatic Drainage (SLD)

Complete Decongestive Therapy

Manual Lymphatic Drainage



- Gentle hands on technique that stimulates the movement and absorption of lymph to healthy areas of the lymphatic system
- Important component of Complete Decongestive Therapy.

Complete Decongestive Therapy

Compression



- Goals
 - Prevent swelling
 - Provide external support
 - Maximize effect of the muscle pump
 - Encourage lymphatic return
- Bandaging
- Compression garments

Complete Decongestive Therapy Exercise

Goals

- Stimulate the lymphatic system to improve lymph flow
 - Used in conjunction with compression in order to resolve swelling
- Good health



Complete Decongestive Therapy Skin Care



Goals

- Prevent infection
 - Cleansing to prevent germs
- Moisturizing to prevent skin cracks that allow germs to enter
- Protecting skin from injury and sun /cold exposure

Complete Decongestive Therapy Patient Education

Goals

- Knowledge concerning lymphedema
- Risk reduction
 - Avoid the onset of lymphedema
 - Prevent progression of lymphedema



Manual Lymphatic Drainage



- Who needs it?
- How does it work?
- Where does the fluid go?
- How often must MLD be performed?
- How long are MLD sessions?
- How does MLD feel?
- Is MLD safe?

Manual Lymphatic Drainage

Who needs it?

- Persistent swelling
- Injury to the lymph system
- Change of tissue texture due to persistent swelling
- Presence of pain
- Can be performed on persons with or without cancer
 - For example- Post-operatively

Manual Lymphatic Drainage

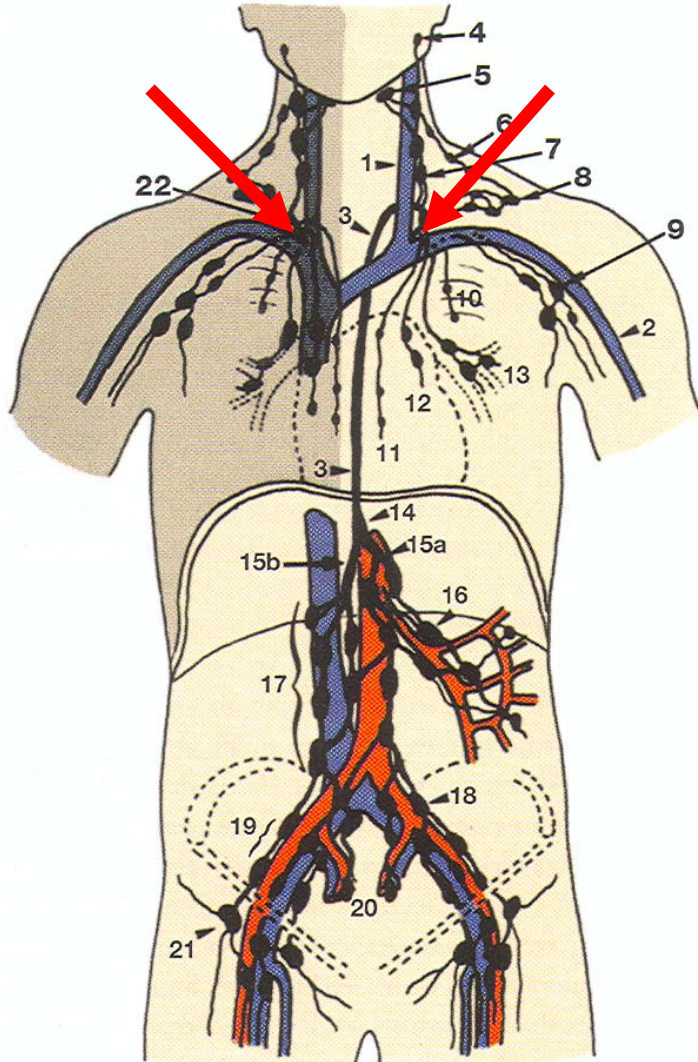
How does it work?

- Increases activity in a sluggish lymphatic system
- Increases movement of fluid away from a swollen area
- Moves fluid to healthy areas of the lymph system to allow for increased fluid/lymph absorption



Manual Lymphatic Drainage

Where does the fluid go?



- The fluid (lymph) dumps into a vein near the heart and the fluid is filtered by the kidneys and eliminated

Manual Lymphatic Drainage

How often must MLD be performed?

- **Active treatment (Intensive)**
 - Goal is to reduce swelling
 - Daily sessions for 2 to 6 weeks
 - Used with other components of CDT
- **Maintenance**
 - Goal is to maintain the reduction
 - Daily? Self MLD/SLD
 - Visits for professional for bimonthly or monthly sessions

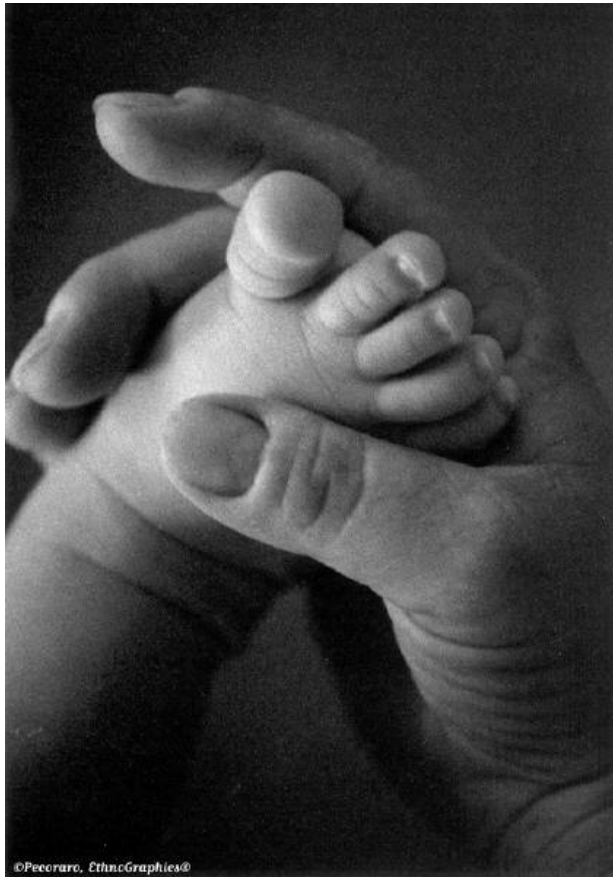
Manual Lymphatic Drainage

How long are MLD sessions?

- 30 to 90 minute sessions
- Early treatment is most effective due to tissue changes
 - Chronic swelling leads to inflammation in the local tissues and eventually scarring of tissues
 - Tissue feels spongy/ firm/ hard

Manual Lymphatic Drainage

How does MLD feel?



- Light touch
- Comfortable
- Relaxing
- Decreases pain
- Most effective in a comfortable relaxed environment
- MLD cannot be performed through clothing

Manual Lymphatic Drainage

Is MLD safe?

- MLD is safe and effective
- MLD is not permitted
 - To treat swelling caused by heart problems
 - In the presence of kidney disease
 - In the presence of infection
 - Warm
 - Increased swelling
 - Red/ rash
 - Pain
 - Fever/ flu-like symptoms

Certified Lymphedema Therapist

- Special training and certification required to perform CDT/MLD
- Physicians, physical/occupational therapist, nurses, massage therapist, chiropractor
 - “CLT”
 - “CLT-LANA”



Referral to a Certified Lymphedema Therapist

- Active CDT to reduce swelling is often covered by medical insurance if you see an occupational/physical therapist
 - Written physician order for “Complete Decongestive Therapy”
- Maintenance MLD
 - MLD sessions to maintain reduction
 - Not covered by insurances
 - Often performed by massage therapists

Questions?

