

Benefits of Manual Lymphatic Drainage (MLD)

Even a healthy person can benefit from Manual Lymphatic Drainage or Lymphatic Massage. It helps the body flush out toxins and stored fats to promote healthy lymph flow. It improves the immune system, and it may play a part in the prevention of Cancer.



Clearing the posterior chest and back is one phase of manual lymph drainage using circular and rotary techniques

These are other conditions MLD can benefit:

- Frequent colds • Sluggish immune system
- Fibromyalgia •Detoxification (fasting, nicotine, etc.)
- Chronic fatigue syndrome •Constipation •Scars •Burns
- Wounds •Allergies • Sinusitis • Diabetes
- Pregnancy related swelling •Nausea •Arthritis

Manual Lymphatic Drainage is a gentle and rhythmic technique. It is often the only technique a palliative patient can tolerate as it is also very analgesic. Most people experience lymphatic massage as deeply relaxing and even rejuvenating.

Despite the light massage technique it is very effective in its intentions to awaken the lymphatic system and create pathways for the lymph fluid to flow and be removed from the body naturally.

Manual Lymphatic Drainage is covered under the Scope of Practice for Registered Massage Therapists and an Insurance Receipt can be issued if Massage Therapy coverage is available.



Healing Hands

registered massage therapy

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(613) 845-0633

www.healinghandsrmt.com

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Resources for Lymphedema and the Lymphatics

www.lymphclinic.ca

www.nortonschool.com

National Lymphedema Network

<http://www.lymphnet.org/>

<http://www.lymphontario.org/>

Northern Cancer Research Foundation

<http://www.ncrf.on.ca/articles/40>

Breast Cancer Action Ottawa

www.bcaott.ca/

Canadian Cancer Society

www.cancer.ca

Lymph Notes

www.lymphnotes.com

Compression Garments

Shopper's Drug Mart Home Health Care
all locations

Orthomedix 1749 St. Laurent Blvd

Kelly's Mastectomy Boutique

1747 St. Laurent Blvd

Living Your Life, and Managing your Health!

Manual Lymph Drainage & Certified Lymphedema Therapy

Krista Dicks B.A.

Registered Massage Therapist
Certified Lymphedema Therapist

The lymphatic system is a complex network of lymph nodes and vessels that carry and remove lymph fluids throughout the body. Lymph nodes filter bacteria and foreign matter from the bloodstream, which is why they are sometimes called the "garbage collectors" of the body. Movement of the lymph fluid is essential to prevent swelling in the extremities leading to Lymphedema or to improve immunity and remove toxins from the body naturally. Lymphatic Massage helps the lymph system perform its usual function. It is beneficial for both healthy individuals and persons with a compromised lymphatics system.



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Causes of Lymphedema

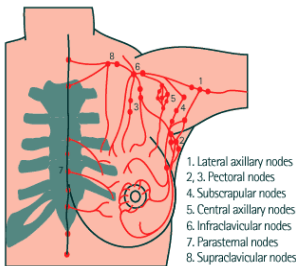
Lymph fluid most commonly accumulates in the extremities (legs and arms), but it can also appear in the torso and face. Lymphedema presents itself as abnormal swelling, and can appear in various stages. It is often in only one limb, but occasionally it can appear in both.



Lymphedema in the Right Limb

Lymphedema may be primary or secondary. The primary type can be present from birth (congenital lymphedema) or may occur during puberty mostly in women, or less frequently, in adult life. Primary lymphedema is a result of missing lymphatic channels to carry the lymph.

Cancer treatment is the most common cause of secondary lymphedema. Lymph node removal, mastectomy or other surgery, radiation, scarring or chemotherapy can disrupt the flow of lymph. Any surgery can hinder the flow of lymph and cause chronic swelling that can be reduced with Lymphedema Therapy.



The removal of cancerous lymph nodes in the axilla can disrupt healthy flow of the lymph and cause the protein rich fluid to accumulate in the arm. Creating swelling, heaviness, and skin changes

Treatment of Lymphedema

For patients diagnosed with Lymphedema, Complete Decongestive Therapy is recommended. Treatment consists of four parts: Manual Lymph Drainage (MLD), compression bandaging, remedial exercises, and skin care

Manual Lymph Drainage

helps increase the flow of lymph fluid, and decrease blockage, by creating alternate passages for the lymph flow. A very specific form of gentle massage without lubrication, manual lymph drainage works by clearing the area that you want the lymph to flow to"

Compression Bandaging

The use of compression, at all times, is an important factor in maximizing gains between professional visits. The goals of compression are to: Retain the progress made in reducing swelling during the MLD treatment. Prevent, or minimize, additional swelling. Support natural draining of lymph from the tissues.



Remedial Exercise

Exercises with bandages in place are recommended for each patient to complete daily. Exercise activates each muscle group and causes the swollen arm or leg joint to have better lymph flow.

Skin Care Instruction

Proper skin care is important in that it can help prevent infection and help prevent the infection from entering the blood. It is also important for eliminating bacterial/fungal growth. Remembering to use pH-balanced skin lotions and meticulous skin and nail care

Compression Garments

There is no cure for Lymphedema, but it can be managed. Once the limb has been reduced to its smallest size, the patient is fitted for a compression garment that can be worn in the daytime. If worn regularly, it is effective in minimizing the swelling from re-occurring. If early symptoms of Lymphdema are present, compression garments are also effective in preventing Stage I Lymphedema from progressing into Stage II.



Stages of Lymphedema

LATENCY STAGE

- lymphatic transport capacity is reduced
 - no visible/palpable edema
 - subjective complaints are possible

These factors may increase the risk of Latency developing into Stage I:

- Frequent air travellers
- Pregnant women
- Persons who stand for long periods of time
- Overweight

It is advisable in this stage to wear a compression garment, to minimize Lymphedema from progressing



STAGE I

(Reversible Lymphedema)

- accumulation of protein-rich edema fluid
 - pitting edema
- reducible with elevation (no fibrosis)

STAGE II

(Spontaneously Irreversible Lymphedema)

- accumulation of protein-rich edema fluid •
- pitting becomes progressively more difficult
 - connective tissue proliferation (fibrosis)

STAGE III

(Lymphostatic Elephantiasis)

- accumulation of protein-rich edema fluid
 - non-pitting •
- fibrosis and sclerosis (severe induration)
- skin changes (papillomas, hyperkeratosis)