



Lymphedema Management

Increased Comfort and Control

Lymphedema is an accumulation of lymphatic fluid that creates swelling in the arm or leg. The condition can cause discomfort and interrupt daily activities, and if left untreated can lead to secondary infections.

Rochester Regional Health's Lymphedema Management program can reduce the swelling associated with lymphedema to create improved comfort and function.

The program includes:

Evaluation – A comprehensive assessment of the limb can help determine the best treatment path

Treatment – Many cases require Complete Decongestive Therapy, including massage to help drain lymphatic fluid, therapeutic exercises, and compression techniques to reduce swelling and increase mobility

Education – Easy-to-learn self-massage, compression and exercise techniques allow the patient to continue managing the condition at home

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This program is ideal for all cases of lymphedema, which fall into two types:

- **Primary Lymphedema** – Typically seen in women’s lower extremities, and occurs without obvious cause
- **Secondary Lymphedema** – The most common form, often occurring after surgery or radiation treatments

LOCATIONS:

Midtown Athletic Club

210 East Highland Dr.

Rochester, NY 14610

P 585.244.9580

F 585.242.2396

Irondequoit

1381 East Ridge Rd.

Ste. 210

Irondequoit, NY 14621

P 585.922.1700

F 585.922.1799

Linden Oaks

360 Linden Oaks Dr.

Ste. 200

Rochester, NY 14625

P 585.922.9700

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