



# Lymphedema Therapy

## What is Lymphedema?

The lymphatic system helps our bodies drain excess fluid from the body and fights off disease and illness. Lymphedema is swelling, in the arm or the leg, caused by an obstruction of this system.

## Who Can Benefit?

Individuals with a history of breast cancer, trauma, surgery, obesity, old DVT areas and cellulitis can all benefit from treatment.

## Treatment

### Compression

We use bandages and compression garments to encourage the movement of fluid out of the affected area of your body.

### Exercise

Our therapists teach you a variety of light exercises to aid in the movement of fluid.

### Manual Lymphatic Drainage

We use special massage techniques to move the built-up fluid toward the working lymph nodes to help fluid drain.

### Skin Care

Our team shows you how to take care of your skin to prevent infections, including cellulitis.



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## Monitoring

Our therapists are trained in the use of state of the art technology to monitor a patient's Lymphedema Index (extra fluid). The monitoring process is painless and takes only a few minutes.

## Education

Our goal is to help you manage lymphedema for life. We work with you to identify and avoid triggers that increase swelling.

## Locations

Rehabilitation & Sports Medicine Clinics

Oregon (608) 835-5373

Stoughton (608) 873-2292

## Insurance

Stoughton Health accepts over 160 area insurance plans, including but not limited to those listed below. Please check your individual plan regarding coverage of services at Stoughton Health.

Alliance, Blue Cross Blue Shield, Cigna, Dean Health Plan, Humana, Medicare, Quartz, Security Health Plan, United Healthcare, WEA Trust and WPS

For more information call (608) 873-6611

## Providers

Stoughton Health Certified Lymphedema Specialists have the training and knowledge to help you manage your Lymphedema symptoms so you can live more comfortably.



**Amy Brown**  
Physical Therapist/  
Certified Lymphedema  
Specialist



**Melissa Monte**  
Occupational Therapist/  
Certified Lymphedema  
Specialist

