

SCHEDULE AN EVALUATION



THERAPY FIT NEWSLETTER

AUGUST 2024

DISCOVER THE POWER OF PHYSICAL
THERAPY FOR YOURSELF!

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WHAT ROLE CAN PHYSICAL THERAPY PLAY IN TREATING LYMPHEDEMA

Do you or a loved one have lymphedema? If so, you know firsthand how difficult it can be to manage various symptoms as they develop. Lymphedema is a painful, chronic swelling condition that will inevitably progress.

The unfortunate truth is that currently, there is no cure for lymphedema; however, Therapy Fit strives to help our patients with this condition to manage their symptoms effectively and safely and also lessen the impact it has on their lifestyle.

There is good news on the horizon, though; physical therapy can help with the pain and daily discomfort that lymphedema brings. The goal of physical therapy at Therapy Fit is to help you to enjoy the things you love doing without worrying about limitations caused by your condition.

Call Therapy Fit today to learn more about combating the symptoms of lymphedema, and let us set up an appointment for you!

Causes and Symptoms of Lymphedema

The lymphatic system is an important part of your immune and circulatory systems, so lymphedema may occur when it is not working properly. It's a network of vessels that carry lymph fluid to the core.

Lymphedema is categorized as a disease involving swelling that usually occurs in the upper or lower extremities due to excessive build-up of lymph fluid. If your lymphatic system is blocked, you can feel swelling in your arms or legs as the fluid is not able to drain properly.

Improper drainage results in the build-up of lymph fluid in your arms and legs, which can pose potential health hazards if left untreated. There are two kinds of lymphedema. Both of these conditions are difficult to deal with, but they occur for different reasons.

Primary Lymphedema is either hereditary or develops on its own. The cause of primary lymphedema is not always apparent. Your primary care physician may want to take additional imaging tests to look at your lymphatic system and to rule out any potential conditions.

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**HAVE A PT SUCCESS STORY
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Secondary Lymphedema occurs as a result of a disease or disorder. It can also happen after a person is treated for cancer; oftentimes, during surgical treatments, lymph nodes are weakened or removed entirely.

If you're experiencing the following symptoms, speaking with a licensed physical therapist at Therapy Fit is a great way to learn more about managing your discomfort. Signs to look out for include:

- Restricted range of motion
- Fibrosis
- Heaviness/tightness
- Infections
- Aching/discomfort
- Swelling

Physical therapists know how to recognize and treat these aspects of lymphedema, and they have a variety of methods that may help you find much-needed relief.

Benefits of Physical Therapy for Patients with Lymphedema

Physical therapy is supported on many research fronts as the safest, most cost-effective treatment method for people living with either primary or secondary lymphedema. The goal of physical therapy treatment is to lessen and/or improve pain symptoms as well as maximize current function.

Functional improvement is also the main focus of physical therapy treatment for lymphedema. This condition can cause a major decline in a person's independence levels and quality of life. Even the most simple of tasks can prove to be difficult, such as dressing oneself, walking and moving around comfortably, and occupational tasks.

Physical therapists at Therapy Fit mitigate the limiting effects of their symptoms and learn adaptations and modifications to improve functional performance and safety.

Our therapists employ a variety of therapeutic methods, including manual lymphatic drainage massage, compression garments,

limb-wrapping techniques, therapeutic exercises, and complete decongestive therapy. These therapeutic methods can successfully minimize pain, swelling, aches, and other symptoms of lymphedema.

Treating Lymphedema

Therapy Fit will create a customized treatment plan for your lymphedema. This plan will be determined by your physical exam, medical history, and the severity of your symptoms. Manual therapy and light exercises will be emphasized in lymphatic treatment plans.

For patients with lymphedema, a type of manual therapy known as "manual lymph drainage" is commonly used. It promotes lymph fluid flow in your upper and lower extremities, and additional massages may be used to increase circulation and provide relief.

Exercising the affected limb(s) promotes lymph fluid drainage as well. One of our physical therapists will design your exercise program, which will include gentle muscle contractions to help you regain function and improve your range of motion.

Wrapping, compression, or complete decongestive therapy may be added to your treatment plan as our physical therapist deems it appropriate.

Lymphedema may currently rule your life, but it doesn't have to be this way forever. If you struggle to handle symptoms of lymphedema at home and are looking for help, your journey to real pain management begins here.

Therapy Fit is here to help you make improvements to your overall health and everyday life, so don't wait any longer! Contact us today to make an appointment at our office.

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CONGRATULATIONS MARY & SHILPA

← **Mary K.** was being treated for Back pain.
(left to right) Dr. Mani, Mary K., and Dr. Navya.

Shilpa S. was being treated for Neck and Shoulder pain.
(left to right) Mou, Shilpa S., Dr. Karishma, and Dr. Reddy. →



CALL 972.441.7074



EXERCISE OF THE MONTH

Try this to increase flexibility

ANKLE ALPHABETS

Start by sitting up straight in a chair. Raise one leg out in front of you. Slowly write the letters of the alphabet with your foot, only moving at your ankle joint. Repeat 3 sets, 10 reps each.



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PATIENT SUCCESS SPOTLIGHT

"I am a new patient at Therapy Fit and am looking forward to being pain free. Having tried a couple of therapy places prior to coming to Therapy Fit, I felt the evaluation session quite promising. The PT took time to understand my frozen shoulder condition along with my lifestyle, work conditions and goals of the therapy sessions. He took time to explain how the shoulder, neck, arm and chest muscles work around the shoulder joint. He explained how the PT sessions would work and how each session will incrementally increase my range of motion and decrease pain. The staff is warm, friendly and invested in your recovery. I recommend starting your physical therapy journey at Therapy Fit."

—Hansil S.

**SHARE YOUR SUCCESS STORY
AND BE SOMEONE'S HERO**

[CLICK HERE TO SHARE YOUR SUCCESS STORY](#)

VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



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Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

If You Are In Pain or Have Sustained An Injury
Call Your Physical Therapist Today!

972.441.7074

