



In Touch with La Plata Physical Therapy & Wellness



101 Centennial St. Suite C
103 Centennial St. Suite A

301.392.3700 PT
301.392.5054 Wellness

Most Insurance Accepted

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Lymphedema

Ann Haynes

Physical Therapist Assistant

Lymphedema is a chronic and incurable condition resulting in the swelling of one or more body parts. Swelling occurs due to the body's inability to drain lymph fluid from the tissue. The most common cause of the condition is breast cancer and its treatment. The National Cancer Institute reports 50-70% of lymphedema cases develop after axillary treatment.

Though cancer is the most common cause of lymphedema, it may be caused by trauma, infection, chronic venous insufficiency, obesity, and can even be self-induced. Lymphedema may be incurable, but it is manageable.

Early diagnosis and treatment are key to the successful management of lymphedema. A patient might feel tightness, fullness, heaviness, or pain in a limb before the increased

swelling occurs. Beware of these symptoms if you are someone at risk for lymphedema and notify your doctor if you present any of the symptoms mentioned. Once diagnosed, treatment can begin with a certified lymphedema management specialist who will ensure you receive the best treatment possible. Treatment consists of manual lymph drainage (MLD) (type of massage to encourage fluid movement to unaffected side for filtration), compression bandaging, remedial exercises, and meticulous skin/nail care. Once done with clinical treatment, instructions in self-care will be given.

Treatment takes commitment by the practitioner and patient. The treatment phase will last at least two to four weeks, or longer depending on the severity, with the patient receiving treatment five days a week. The goal of treatment will be to decrease the size/volume of the affected limb to the smallest possible

size. Once the desired result is achieved, the lifelong maintenance phase will begin. Maintenance consists of wearing a compression garment, performing self MLD, continued skin/nail care, as well as continuing a home exercise program. The maintenance phase is critical as reductions gained during treatment may be lost.

Treatment of lymphedema is imperative. If left untreated, complications such as recurrent infections, decreased range of motion, pain, cosmetic, and psychological issues may occur. Early identification with treatment can help people suffering from lymphedema maintain their quality of life. Lymphedema treatment is covered under Medicare, most managed care organizations, and most private commercial carriers.

Informational resources include: National Lymphedema Network: (<http://www.lymphnet.org>), National Cancer Institute (<http://cancer.gov/cancertopics/pdq/supportivecare/lymphedema>), and City of Hope Lymphedema Foundation, Inc. <http://lymphedemacircleofhope.org>.

Important News:

- La Plata Physical Therapy will be offering Lymphedema services in September.
- Fall into Wellness with our supervised exercise program and individualized attention.



Call Wellness to schedule an assessment: 301.392.5054

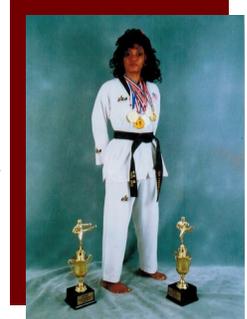


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Retired Olympic Level Athlete Finds “GOLD” at La Plata Physical Therapy & Wellness



The influence of the human spirit combined with the power of dreams has led this retired US National team member and Olympic Level Competitor to La Plata Physical Therapy & Wellness. Jada Monroe has competed and won medals for the USA Taekwondo team, World Cups, Pan Am Games, US Open, and Olympic Festival. Jada also has two Hall of Fame inductions: “Living Legend” and “US Military Outstanding Athlete”. She is an American Pool Association “APA” National Billiards Champion 2007, as well as a USBC Bowling athlete on a women’s league in Waldorf, Maryland.

Jada suffered a severe ACL and meniscus tear while competing at the US Olympic center many years ago. She walked into La Plata Physical Therapy & Wellness with a host of medical issues: ACL reconstruction with misplaced screws from a botched surgery associated with arthritis, cervical spine disks injury, a wide range of fibromyalgia pain, four knee scopes, and after numerous injections she wasn’t sure if physical therapy could prolong the knee replacement that she is just shy of

needing. She walked into La Plata Physical Therapy with hopes of delaying this surgery. Hoping to strengthen her knee, Jada soon found out that the therapy she received wasn’t just for her knee but she had a team of professionals who were interested in her overall recovery and tailored her rehab towards her livelihood.

The La Plata Physical Therapy & Wellness team noticed that although retired from the sport, Jada still had the desire of an Olympic athlete. Jada was returning to Taekwondo as a mentor to help younger athletes pursue their Olympic dreams, and put the hopes of going to the Olympic games into students who never envisioned themselves as Olympians; but her knee, joint, and spinal pain was so intense after working with the students that the pain was unbearable. The La Plata team could see the love she had for the sport and the desire of wanting to be more involved with competing. The hands-on treatment which focused on Jada progressing towards a goal of recovery included a program of long-term education and physical therapy exercises. Most importantly, the La Plata therapist one-on-one

involvement made sure she understood and would proceed in strengthening her injuries. This program also included musculoskeletal, orthopedic and diet. She trained with Jessica in the pool and Jane eventually reassigned her to an exercise physiologist, Annah, at the Wellness Center. Most athletes only get treatment such as this at the Olympic center in Colorado Springs. To find specialized care that looks at all aspects of your lifestyle, can tailor your rehab program to be designed especially for you, and get you back to a functional lifestyle was like winning “GOLD”.

The La Plata Physical Therapy & Wellness team has Olympic values while working with all of their patients. They give hope, they make you stronger, and they have given my body perseverance. This is a dream team and they are all “Gold Medal Winners”.

