

# MLD

## Manual Lymph Drainage



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Sports Plus Rehab Centers and LIFT Therapy offer services to effectively treat patients with lymphedema and other swelling disorders. Our lymphedema therapists are certified by the Dr. Vodder School of North America.

### Some of the more common diagnoses are:

- Primary Lymphedema
- Secondary Lymphedema
- Venous Insufficiency
- Post Surgical edema
- Post Mastectomy
- Lymphedema due to treatment of other cancers

### Our complete decongestive therapy treatment may include:

- Manual lymph drainage
- Patient and family education on compression bandaging
- Instruction on proper skin and limb care
- Custom exercise programs
- Measure and fit with compression garments

The main goal of our MLD program is to return the patient to his/her normal lifestyle. There is no cure for lymphedema but we strive to assist and teach patients how to successfully manage their symptoms and prevent future complications. We strive for maximal edema reduction to normal or near normal limb volume, followed by fitting the patient for appropriate compression garments.

### Sports Plus - Trenton

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### LIFT Therapy

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### Sports Plus - Aquatherapies

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### Kirkland Cancer Center

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<https://www.wth.org/services/outpatient/>  
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