

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- Evaluate and Treat
- Patient Education
- Therapeutic Exercise
- Manual Lymph Drainage
- Compression Bandaging
- Compression Garments
- Other _____

COMMENTS: _____

Frequency: _____ X per week for _____ weeks

Signature: _____

Date: _____

We accept referrals from any physician.
Most insurance plans are accepted.
Please give us a call for more information.



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Mountain River Physical Therapy for
**LYMPHEDEMA
TREATMENT**



Pain relief, management of swelling,
recovery of your quality of life.
Physical therapy is the clear choice!

Choose Mountain River Physical Therapy for

LYMPHEDEMA TREATMENT

Recover your quality of life



Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. Some of our clinicians have specialized training and experience in the evaluation and treatment of lymphedema. We look forward to helping you improve your quality of life.

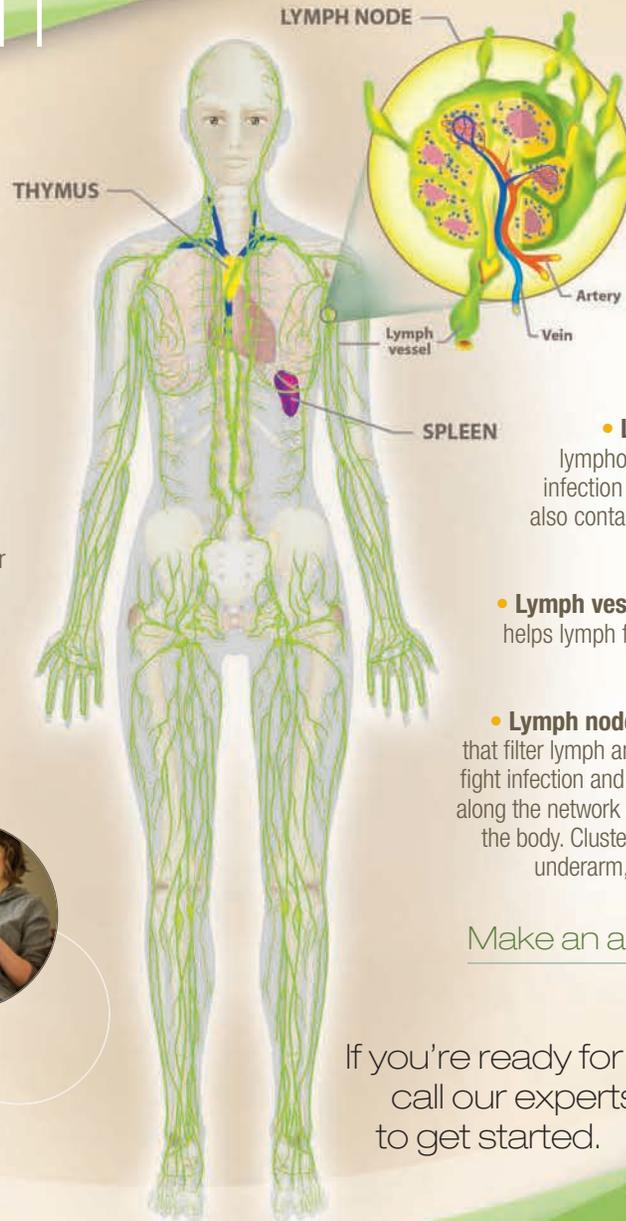
What is Lymphedema?

Lymphedema is the build-up of fluid in soft body tissues when the lymph system is damaged or blocked.

Lymphedema occurs when the lymph system is damaged or blocked. Fluid builds up in soft body tissues and causes swelling. It is a common problem that may be caused by cancer and cancer treatment. Lymphedema usually affects an arm or leg, but it can also affect other parts of the body. Lymphedema can cause long-term physical, psychological, and social problems for patients.

Causes of Lymphedema Include:

- Infection
- Cancer
- Scar tissue from radiation therapy
- Surgical removal of lymph nodes (common with mastectomy surgery)
- Inherited conditions



What is the Lymph System?

The lymph system is a network of lymph vessels, tissues, and organs that carry lymph throughout the body.

The parts of the lymph system that play a direct part in lymphedema include the following:

- **Lymph:** A clear fluid that contains lymphocytes (white blood cells) that fight infection and the growth of tumors. Lymph also contains plasma, the watery part of the blood that carries the blood cells.
- **Lymph vessels:** A network of thin tubes that helps lymph flow through the body and returns it to the bloodstream.
- **Lymph nodes:** Small, bean-shaped structures that filter lymph and store white blood cells that help fight infection and disease. Lymph nodes are located along the network of lymph vessels found throughout the body. Clusters of lymph nodes are found in the underarm, pelvis, neck, abdomen, and groin.

The Goal of Treatment – Control Swelling:

Damage to the lymph system cannot be repaired. Treatment is provided to control the swelling caused by lymphedema and keep other problems from developing or getting worse. The goal of these treatments is to help patients continue with activities of daily living, to decrease pain, and to improve the ability to move and use the limb (arm or leg) with lymphedema. Drugs are not usually used for long-term treatment of lymphedema.

Treatment may consist of:

- Range of motion exercises
- Pressure garments
- Bandages
- Manual lymph drainage
- Skin care
- Patient education

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today. Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

If you're ready for relief, call our experts today to get started.



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* Reference: The Web site of the National Cancer Institute