



LYMPHOEDEMA SERVICES

Do you have concerns with lymphoedema?

Our Occupational Therapist is an experienced and qualified Lymphoedema Therapist who is able to offer you sensitive and specialist advice relevant to your situation.

What is Lymphoedema?

Lymphoedema is a chronic condition which is characterised by chronic swelling, usually in the limbs but can occur in other parts of the body. The lymphatic system is very important as it helps to return substances from the body back into the bloodstream. A failure of this system causes an accumulation of swelling or Lymphoedema.

Risk Factors for Lymphoedema Include:

- Any surgery (not just cancer surgery) where there is damage to the lymphatic system
- Radiotherapy to the lymphatic system
- History of infection in the affected limb/body part

- Injury or trauma to the lymphatic system
- Immobility
- Obesity
- Filariasis (tropical disease)
- Genetic predisposition

Treatment We Can Offer:

- Comprehensive assessment
- Individualised treatment plan
- Education for long term self-management
- Lymphatic draining and massage
- Compression bandaging
- Prescription of compression garments
- Exercise and weight management control
- Skin care, foot care and infection control advice
- Laser therapy
- Pneumatic compression pumps

For More Information

Please visit us at Smart Solutions Rehab Group and speak with one of our friendly and experienced Health Professionals who will be able to tell you more!

Address:

**Suite 2/40 Parker St
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Medicare, Private Health Fund and DVA rebates are available.