

The spectrum of Conservative Treatments available to us:

But what is the best ?

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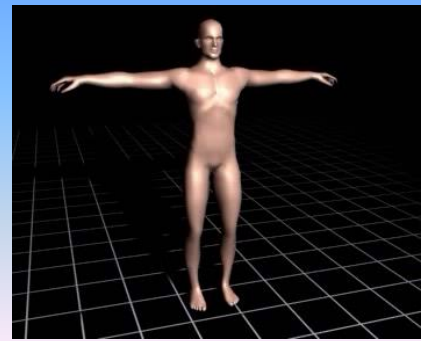


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Think holistically- in partnership



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Treatment results sometimes are poor

WHY?

Inadequate Differential diagnosis

Co-morbidities poorly managed

Lymphatic system not prepared

Poor targeting/sequencing of treatments

Poor treatment choice

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Major treatment groupings

- Those which:
 - Create a **positive pressure**
 - compression bandages, wraps and garments
 - Create a **negative pressure**
 - LPG, Lympho-touch, kinesio/lymph taping
 - **Move the musculature** slowly
 - Massage, isotonic/isometric contractions
 - **Stimulate the musculature**
 - Electro stimulation
 - **Change the tissue (fibrin)** characteristics
 - Laser/LED, medications, High Freq US
 - **Change lymph load**
 - Skin care, Blood pressure management
 - **Improve functionality**



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With the increase in obesity

Diet/Weight Stabilisation
Exercise/activity facilitation

Are also important



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Remember what we are trying to do : Move fluids and inflammatory contents What makes it easier?

Proximal lymphatic system emptied
No obstructions
A good pressure gradient
The right pressure
A manageable lymph load
Knowing where the functional lymphatics are



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Why treatments often don't work as expected:
We have NOT prepared the lymphatic system
for the treatment



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Why treatments don't work as
expected.

We have not considered events which may slow
lymph flow from extremities (especially legs)

- Bloating
- Constipation
- Fat in the abdominal area
- High mesenteric lymph load
- Shallow Breathing
- Constant external pressure in wrong place



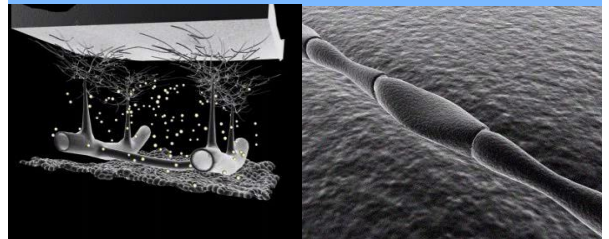
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All forms of massage and any form
of tissue movement will vary tissue
pressure and help uptake and
movement of lymph



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Movement of the tissues and
contraction of muscles



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Compression is also a core part
of treatment

Its applied in many forms



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Compression:



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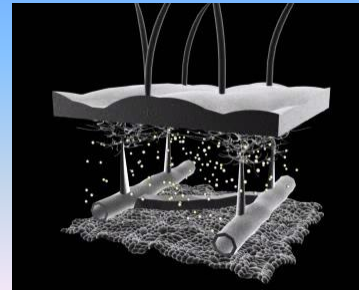
Compression achieved from

- **Bandaging** – consider impact of
 - Short vs medium vs long stretch and how long pressure lasts
- **Garments** - consider impact of knit type
 - Round vs flat and how long the pressure lasts
- **Wraps** - can be adjusted by patient or nurse
- **IPC's** - Intermittent compression devices
- Being in Water



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Compression: What we are doing



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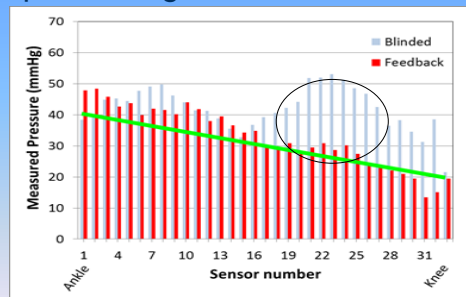
Common issues with applied pressure

- **Poor pressure gradient**
 - Fluids forced distally
- **Pressure too high** (general or local)
 - Lymph flow slowed or stopped
- **Older garments/bandages** less elastic
 - Less pressure variation with movement
- **Poor garment selection**
 - Resting or standing pressure not appropriate
- **Garment difficult to Don or Doff**
 - Patient unable to wear



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Importance of feedback on pressure gradient achievement



(Parkinson L. et al 2017 High resolution tape sensor improves the accuracy of applied pressure profiles during lower leg bandaging. *International Wound Journal* doi:10.1111/iwj.12741)

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Aqua Therapy is another way of delivering graded pressure

- Help vary tissue pressures
- Provide graded external compression
- Support the body and tissues
- Create a pressure variation with movement
- Can cool the body

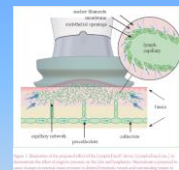


Tidar 2014



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Don't forget about negative pressure



Also by deep breathing we create negative intra thoracic and intra abdominal pressures



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Kinesio/lymph taping:

Reduces pressure over functional lymph vessels and helps lymph flow to them

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inspiring achievement

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Treatments which vary tissue pressures

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Treatments which change the tissue pressures:

Wobblers and vibrating pads, chairs and beds

massagermachinesandmore.com

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Hand held or fixed massage units

massagermachinesandmore.com

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Treatments which help break up fibrous tissue

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Laser/LED/US and some medications

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Bowen Therapy: Fascial relaxation releases tension around the lymph collectors allowing them to work better

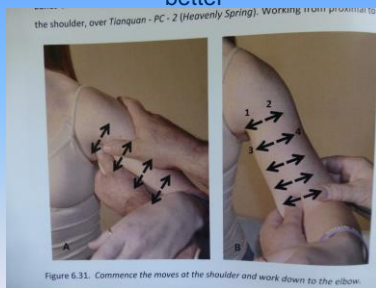


Figure 6.31. Commence the moves at the shoulder and work down to the elbow.

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Treatments which stimulate the musculature in immobile/inactive patients

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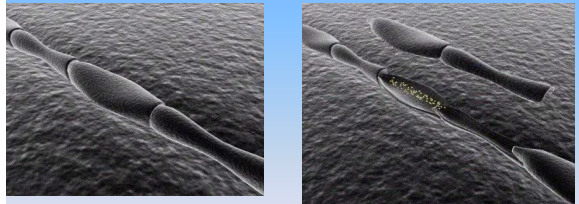


Electrical Stimulation



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Electrical stimulation of Muscle changes tissue pressures and may stimulate the lymphatics to pump faster



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Conservative Treatment Summary

- Explore the treatment options
- Ensure you know what the patient wants
 - ? Reduction in size
 - ? Improvement in how limb feels
 - ? Better ability to undertake activities of life
- Do only one thing different at a time so you really know what works
- Sequence and target treatments based on objective information !

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Finding a Practitioner

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National Lymphoedema Practitioners Register (NLPR)

- The NLPR, maintained by the Australasian Lymphology Association (ALA), is a public register of lymphoedema practitioners in Australia and New Zealand.
- These practitioners fulfil the accreditation and registration requirements of the ALA.
- It's a current register of lymphoedema practitioners.
 - To find a practitioner in your area go to <https://www.lymphoedema.org.au/the-register/find-a-practitioner/>

If you are a practitioner (or know one) who would benefit from training and accreditation there are a number of courses around Aust. One I'm involved with is



CANpractice is an accredited lymphoedema course in the Casley-Smith method. CANpractice qualifies health professionals to become a lymphoedema practitioner.
www.instituteforlymphoedema.com.au



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Good Web sites

- Australasian Lymphology Association (AUS)
 - www.lymphoedema.org.au
- British Lymphology Society (UK)
 - <https://www.thebls.com>
- Canadian Lymphoedema framework (CAN)
 - <https://canadalymph.ca/>
- National Lymphoedema Network (USA)
 - www.lymphnet.org
- International Lymphoedema Framework
 - www.lympho.org