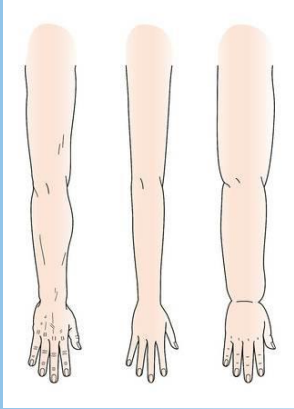


Lymphedema is a type of swelling (edema). It happens when fluid builds up and causes an increase in size of your limb.



In early stages lymphedema may go away with elevation of the limb. In later stages the swelling no longer goes away.



Therapy can help reduce your swelling and prevent progression to later stages.



It is our goal at The Lymphedema Clinic to provide the highest quality treatment to help our clients live their best lives.

“My favorite part of being a lymphedema therapist is seeing the great impact I can make in people’s lives. I enjoy the awe factor when patients see the results after even just one treatment.” – Adam Rawson, OTD, OTR/L, CLT-LANA



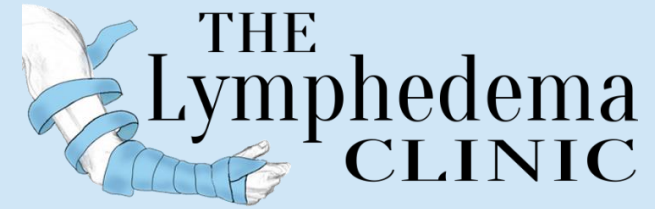
Contact Us Today

The Lymphedema Clinic

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Lincoln, NE 68506

Phone: 402-904-4474
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www.LLOTnebraska.com



Get Control of Your Lymphedema



Specialty Therapy Services

Lymphedema Treatment
Wound Care

Complete Decongestive Therapy

Conservative and non-invasive

Considered the gold standard of lymphedema treatment.



Intense phase

Consists of manual lymph drainage, remedial exercises, skin care, application of multiple layers of short stretch compression bandages.



Maintenance phase

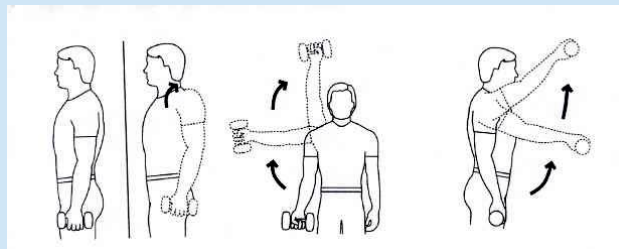


Learn to don and care for home compression garments.



Learn self-applied manual lymph drainage techniques.

Master home exercises to help maintain your results.



Get back to living your life to the fullest!



Benefits include

- Improved self-image
- Improved wound healing
- Decreased pain
- Improved gait mechanics
- Better range of motion
- Decreased risk of new wounds
- Decreased risk of infection (cellulitis)

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