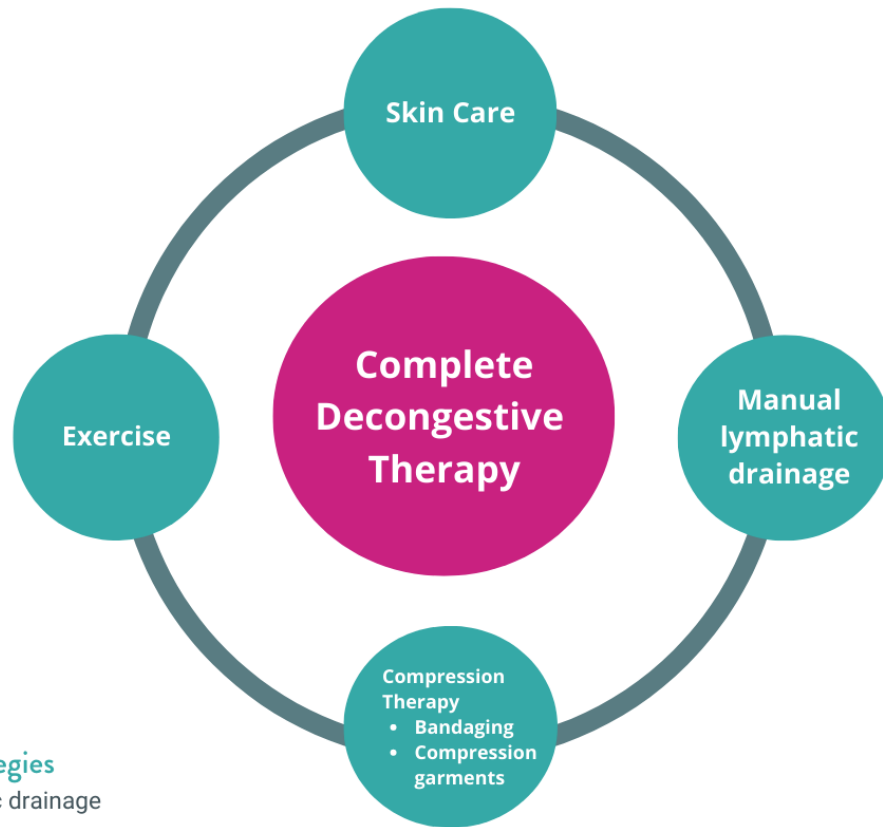


# Physical Therapies for the Management of Lymphedema



## Complimentary Strategies

- Self-manual lymphatic drainage
- Taping

## My Registered Lymphedema Therapist:

\_\_\_\_\_

Name

\_\_\_\_\_

Clinic

\_\_\_\_\_

Email

\_\_\_\_\_

Phone

## My Lymphedema Goal(s):

\_\_\_\_\_

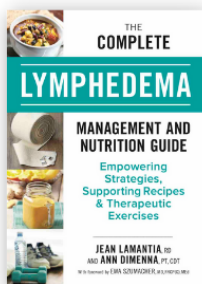
\_\_\_\_\_

## My Lymphedema Treatment Plan:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



More information including step-by-step images and detailed description of manual lymphatic drainage, skin care, compression bandaging and garments, exercise and taping are included in *The Complete Lymphedema Management and Nutrition Guide*. For more information, go to [www.markhamlymphaticcentre.com](http://www.markhamlymphaticcentre.com).

**Disclaimer:** Information contained has been researched, written and reviewed and is based on the best available evidence. Information is not meant to replace medical advice. Those that need more personal nutrition or physical therapy advice, or who are following a special diet or exercise program should contact a registered dietitian and certified lymphedema therapist. While every effort is made to ensure information contained is accurate and up to date, errors may occasionally occur. Authors assume no responsibility or liability arising from any error in or omission of information or from the use of any information or advice contained within.