Lymphedema Therapy Program



GARDEN CITY HOSPITAL

CENTER FOR SPORTS & REHABILITATION

AT THE SPECIALTY CENTERS OF WESTLAND

NOW ACCEPTING PATIENTS **734.762.1600**

The outpatient lymphedema therapy program at the Garden City Hospital Center for Sports and Rehabilitation offers comprehensive care for individuals suffering from lymphedema of the neck, arm, leg, breast and abdomen by certified Lymphedema Therapists. Causes of lymphedema include:

- Surgery
- Radiation therapy
- Chemotherapy for the treatment of cancer
- Infection

- Obesity
- Venous insufficiency
- Trauma
- Recovery from joint replacement surgery

Specialized Therapy

Our Lymphedema Therapists are able to treat both primary and secondary Lymphedema, using Complex Decongestive Therapy (CDT). The focus of CDT is to reduce and control the amount of swelling the patient has in their affected limb, improve the skin condition, improve the patient's function, decrease pain, and reduce the risk of cellulitis. Our CDT therapy program includes:

- Manual Lymphatic Drainage (Hands on massage that moves lymph fluid from the swollen regions into functioning lymphatic areas of the body)
- Compression bandaging
- Therapeutic exercise
- Skin and nail care
- Compression garment fitting
- Personalized education in self care

Lymphedema Therapy Hours

Lymphedema therapy is offered Monday through Friday, 8 a.m. – 4:30 p.m.

Scheduling

Therapy generally lasts four to eight weeks, with periodic follow up visits after. A written prescription from your physician and/or pre-authorization for treatment is necessary. Our staff will work with you, your family, and your physician to develop a customized treatment plan. Patients are contacted within 24 hours after physician referral to set up an appointment. **For an appointment, call 734.762.1600.**