

Physical Therapy for the Management of Edema/Lymphedema

Taylor Therapy Associates, LLC is offering services for the control of Edema and Lymphedema in its Waverly and Nashua Clinic locations. Debra Gayer, MS, PT –CLT, has earned certification in Lymphedema management. Taylor Therapy plans to move away from the use of JOBST compression pumps to a more aggressive and complete research-based, treatment approach. Patients referred to therapy for Edema management can expect:



Complete Decongestive Therapy Intensive Phase:

- 1. Manual Lymph Drainage (MLD):** to help increase lymph vessel contraction, increase reabsorption of protein rich fluid and redirect fluid around scarred or insufficient lymph collection centers.
- 2. Compression Bandaging:** to lower filtration rate, improve efficiency of muscle and joint pumps, stop reaccumulation of evacuated edema fluid during the aggressive care phase of care and break down deposits of indurated/fibrotic tissue.
- 3. Exercise:** performed with compression bandaging in place to help muscle and joint pumps and venous and lymphatic return.
- 4. Training in Self Care:** to include skin and nail care as well as infection prevention, HEP and self bandaging.

Self Care Phase – Patient self manages edema upon discharge:

1. Daytime/Nighttime garments
2. Exercise
3. Skin and nail care
4. MLD as needed

Patients who may benefit from this care are:

- Patients with **Primary Lymphedema**, edema due to abnormal growth of the lymph vascular system. Swelling may occur in the head and neck, trunk or extremities in any combination.
- Patients with **Secondary Lymphedema:**
 - Edema developing as a result of surgery and or radiation for the treatment of cancer
 - Edema as a result of infection
 - Edema due to cancerous cells
 - Lymphatic overload second to obesity
 - Swelling from Long-Term Venous Insufficiency
- Swelling due to Congestive Heart Failure (medically managed)
- Patients at risk for developing lymphedema due to lymph node dissection/removal. (This would be a one-time review for education on ROM, strengthening, scar management and self care to avoid triggering a swelling response).

Efficacy of CDT:

- 299 patients:
 - 149 UE (3 primary lymphedema, 146 secondary lymphedema)
 - 150 LE (93 primary lymphedema, 57 secondary lymphedema)
- 3 to 84 years of age
- Phase one care duration averaged 15.7 days
- Average volume reduction was 59.1% in the Upper Extremity involved patients and 67.7% in the Lower Extremity involved patients
- Infection rate decreased from 1.10 infections per patient/year to 0.65 infections/year
- Follow up average was 9 months with 86% of patients maintaining their initial reduction at that time

(More studies available on request)



Services Provided by Taylor Physical Therapy Associates

312 9th Street SW, Waverly, IA 50677, (319) 352-5644

Waverly Health Center Physical & Occupational Therapy Staff

William Taylor, PT

- Areas of interest: orthopedics, manual therapy, functional capacity evaluations (FCE) and industrial medicine. He especially enjoys working with neck/shoulder problems and total knee replacements.

Deb Gayer, PT

- Areas of interest: women's health, vestibular rehab, geriatrics and neurological rehabilitation, including CVA, spinal cord and head injuries.

Jerod Gayer, DPT, ATC

- Areas of interest: orthopedics and sports medicine, as well as chronic pain caused by movement system imbalances. NATA Certified Athletic Trainer

Michael Kaus, PT

- Areas of interest: treatment of back, shoulder and knee problems with special expertise/training in the treatment of neck problems, fibromyalgia and TMJ dysfunction.

Jennifer Nus, DPT

- Areas of interest: geriatrics, nursing home rehabilitation and home health care.

Steve Nus, DPT

- Areas of interest: outpatient orthopedics and sports medicine.

Ronald Ragsdale, DPT

- Areas of interest: shoulder, low back and foot pain, temporal mandibular joint dysfunction, and chronic wound care management. He is a work injury consultant for Waverly and Shell Rock businesses/industries.

Jodi Reyerson, DPT

- Areas of interest: spinal mobilization, craniosacral therapy, myofascial and visceral mobilization and manual lymph drainage techniques. She enjoys providing patients a holistic physical therapy treatment alternative.

Leah Thier, PT

- Areas of interest: pediatrics, geriatrics and hospital inpatients. She enjoys working with neurological and burn rehabilitation.

Casey Doyle, PT

- Areas of interest: outpatient orthopedic injuries and sports medicine rehabilitation. Pre-operative care, post-operative care and conservative non-operative management of musculoskeletal pain.

Shelby Walsten, DPT, ATC

- Areas of interest: women's health and sports rehab.

Julie Eddy, MPT

- Areas of interest: outpatient orthopedics, women's health, pelvic pain and bladder dysfunction.

Nathan Folkerts, PT, DPT

- Recent graduate of Des Moines University. Areas of interest: outpatient orthopedics, spinal disorders and sports rehabilitation.

Brooke Toohey, PT, DPT

- Has been practicing PT since 2009. She is a member of the Orthopedic section of the APTA. Areas of interest: Geriatrics, outpatient orthopedics and vestibular rehabilitation.

Margo Jebe, OTR, L

- Areas of interest: geriatrics, inpatient acute rehabilitation and hand therapy.

Leasa Lantzky, OTR, L

- Areas of interest: home health, geriatrics, upper-extremity rehabilitation including cervical pain and hand therapy.

Jennifer Wolff, OTR, L

- Areas of interest: hand therapy, parkinson's disease, older drivers, neurorehabilitation for stroke and dementia, management of behavior and cognitive dysfunction in TBI and disability/accessibility in the community.

Amber Stauffer, COTA, L

- Areas of interest: home health, geriatrics and hand therapy.