

Lymphoedema is defined as subcutaneous soft tissue swelling. Lymphoedema develops when the lymphatic system can no longer transport lymph, a tissue fluid, due to insufficiency (primary) or damage caused by trauma (secondary). This results in pooling of water and protein in the tissues and causes the swelling. The protein may cause chronic tissue inflammation which eventually leads to the formation of connective tissue fibres.

Common causes of injury to lymphatic vessels

- frequent inflammation of the lymph vessels, e.g. caused by bacteria
- protracted injuries, burns covering large areas of skin
- treatment of malignant tumours, after surgery and / or radiotherapy.

Therapeutic measures for lymphoedema Principles of therapy

It's a fact: you can only prevent your disease from worsening by sticking rigidly to your treatment. Physical decongestion therapy (CPD) has proved very successful and become established in the treatment of lymphoedema. This acts, for example in the

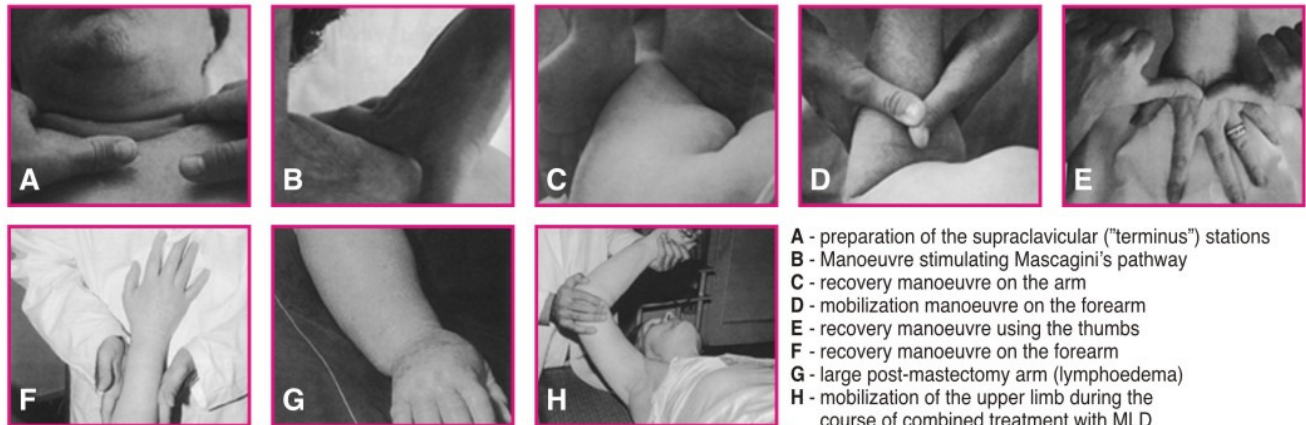
- drainage of lymphatic congestion
- restructuring of changed, hardened connective tissue
- activation of the muscle pumps, etc.

Manual lymphatic drainage is one of the most important methods of physical decongestion therapy. Special massage techniques, known as stationary circles, pumping, scooping and rotaries, are used alternately or in combination, as required. The pressure applied is adapted to the individual patient's condition. On no account must these treatment techniques cause or aggravate pain. The combination of manual lymphatic drainage with subsequent compression therapy, bandaging or wearing of compression stocking, leads to the best possible therapeutic outcome and therefore reduced oedema.

Compression plays an important part in the treatment of lymphoedema, be it primary or secondary lymphoedema, in the hand, arm, leg or elsewhere.

A correctly fitted garment not only increases the pressure within the tissues thus encouraging lymph to redistribute and drain, but also it reinforces the skin making a firm wall to the limb, so increasing the efficiency of the muscle pump systems within, encouraging lymph flow and drainage in the compromised limb.

Treatment Sequence



A - preparation of the supraclavicular ("terminus") stations
 B - Manoeuvre stimulating Mascagni's pathway
 C - recovery manoeuvre on the arm
 D - mobilization manoeuvre on the forearm
 E - recovery manoeuvre using the thumbs
 F - recovery manoeuvre on the forearm
 G - large post-mastectomy arm (lymphoedema)
 H - mobilization of the upper limb during the course of combined treatment with MLD

Measurement method - mediven® armsleeves CCL 1* and 2 - Lymphoedema Patients

| TABLE - 2 (Styles) | armsleeve | combined | armsleeve long | combined long | handpiece | glove/mittens | armsleeve with shouldercap and belt | armsleeve long with shouldercap + belt | armsleeve with hand+shouldercap + belt | armsleeve long with hand +shouldercap + belt |
|--------------------|-------------|-------------|----------------|---------------|-------------|---------------|-------------------------------------|--|--|--|
| | 710□ / 712□ | 730□ / 732□ | 711□ / 713□ | 731□ / 733□ | 720□ / 722□ | 723□ | 738□ / 742□ | 739□ / 743□ | 740□ / 744□ | 741□ / 745□ |

| TABLE - 1 | Box-1 Circumference in-cms. | Measurement for Sizes (in cms) for all the above styles | | | | | | |
|-----------|-----------------------------------|---|---------|---------|---------|---------|---------|-----|
| | | Size | II | III | IV | V | VI | VII |
| | cA | 16 - 19 | 18 - 21 | 20 - 23 | 22 - 25 | 24 - 27 | 26 - 29 | |
| | cC | 13 - 15 | 15 - 17 | 17 - 19 | 19 - 21 | 21 - 23 | 23 - 25 | |
| | cE | 20 - 26 | 23 - 29 | 26 - 32 | 29 - 35 | 32 - 38 | 35 - 41 | |
| | cG | 22 - 29 | 25 - 32 | 29 - 36 | 33 - 40 | 37 - 44 | 41 - 48 | |
| | Box-2 → Pl. Tick () Size | | | | | | | |

Measurement Method (mediven® Armsleeve)

- First Take the measurement of cA, cC, cE & cG of the hand in the Box -1 as per Table 1.
- Please tick (✓) the size in the Box-2 as per Table no.1
- Please tick (✓) in the Box for the style as per Table no. 2
- Proceed for the order by matching the style as per Table no. 2 with the size marked (✓) in the Box -2 of Table no.1



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