



PHYSICIAN'S PRESCRIPTION

Patient: _____ Date: _____

Physician: _____

Signature: _____

Prescribing physician contact information or stamp:

Diagnosis

- Lymphedema (chronic)
- Swelling (acute)
- Chronic Venous Insufficiency
- Combined Lymphedema
- Lipedema
- _____
-

Area Affected

- Right Arm
- Right Leg
- Right Foot
- Other _____
- _____

- Left Arm
- Left Leg
- Left Foot

Treatment

- Massage Therapy: Manual Lymph Drainage
- Massage Therapy: Complex Decongestive Therapy
- Compression Garment _____ - _____ mmHg

Comments



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PHYSICIAN'S GUIDE MANUAL LYMPH DRAINAGE (MLD) COMPLEX DECONGESTIVE THERAPY (CDT)

Manual Lymph Drainage

Manual lymph drainage (MLD) is a safe, gentle, rhythmic manual technique that has a profound effect on the lymphatic system.

- Manual lymph drainage not only gives us the ability to increase the flow of lymph fluid, it also gives us the means to direct the flow around obstructions by activating collateral pathways.
- Manual lymph drainage is an excellent technique for the treatment of many kinds of swelling, as long as the swelling is not caused by heart, kidney or liver failure.
- MLD can be used to treat swellings associated with injury or surgery and promotes wound healing. Successful reduction of swelling leads to faster healing.
- MLD is most commonly used as a component of complex decongestive therapy to treat lymphedema. However, it is a powerful and profound stand-alone manual technique.

Indications: Edema, lymphedema (primary or secondary), swelling due to trauma including acute edemas, promotion of wound healing, dermatological conditions, obstructive edema.

Contraindications: Uncontrolled cardiac failure; renal failure, pulmonary failure. Acute infections.

Complex Decongestive Therapy

Complex Decongestive Therapy (CDT) is a therapeutic protocol consisting of four components and two phases. *CDT is the gold standard of care for lymphedema and related disorders.*

CDT consists of four components:

- 1) Manual lymph drainage; 2) Compression therapy (bandaging, garments);
- 3) Decongestive exercise; 4) Skin care.

CDT consists of two phases:

- 1) Intensive phase: treatment is administered as often as possible. Treatment consists of the four components listed above, plus patient education. Compression therapy is 23 hours daily.
- 2) Management phase: the patient applies the practices and principles learned in Phase 1 to manage their life-long condition. Phase 1 may be repeated as needed, usually annually.

Indications: Lymphedema, primary and secondary. Modified CDT is indicated for non-healing ulcers, lipedema, mixed edemas such as phlebo-lymphedema and some edemas due to trauma.

Contraindications: Uncontrolled cardiac failure; renal failure, pulmonary failure, acute infections. Malignant cancer is considered a relative contraindication.



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For more information, or if you have questions regarding these therapies, please call.

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