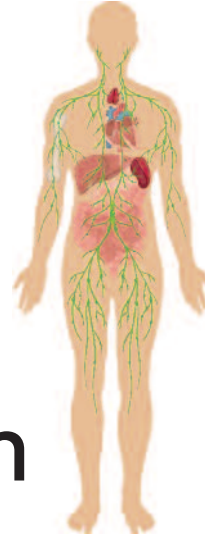


Physical Therapy, Rehabilitation  
and Sports Medicine

# Lymphedema Treatment Program



LYMPHEDEMA IS AN ABNORMAL BUILD UP OF FLUID THAT CAN OCCUR IN ANY PART OF THE BODY.

Most commonly, this appears as swelling in the arms or legs but can also manifest in the neck, trunk and abdominal regions. Lymphedema may result from cancer and associated treatments, after surgery, after trauma or as a result of a genetic predisposition. Lymphedema can also accompany venous insufficiency which is a common cause of leg swelling.

At Chester County Hospital, our Physical Therapists will work with your physician to determine the cause of your swelling. Our team will develop an individualized plan of care to help reduce the volume of fluid and improve skin appearance and texture. We then give you the tools to maintain these improvements whether it is your hand, arm, leg, foot, neck or stomach/trunk.

Our therapists are certified in complete decongestive therapy, including manual lymph drainage. The techniques we use are research based and will help you return to your previous level of function. We are available for follow-up after you have completed your treatment regimen in the event that you have questions or continuing need for consultation.

**A doctor's prescription is needed for your initial evaluation.**

For more information or to schedule your initial evaluation, please contact us at the following outpatient locations:

#### **WEST CHESTER**

Fern Hill Medical Campus  
915 Old Fern Hill Road  
Building A, Suite 4,  
West Chester, PA 19380  
610.738.2480

#### **EXTON**

The Commons at Oaklands  
700 West Lincoln Highway  
Exton, PA 19341  
610.518.5845

#### **SOUTHERN CHESTER COUNTY**

455 W. Woodview Road  
Suite 115  
West Grove, PA 19390  
610.345.1950