

Lymphedema Therapy



Amy Brown
Physical Therapist/
Certified Lymphedema
Specialist



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Stoughton Hospital Certified Lymphedema Specialists have the training and knowledge to help you manage your Lymphedema symptoms so you can live more comfortably.

What is Lymphedema?

The lymphatic system helps our bodies drain excess fluid from the body and fights off disease and illness. Lymphedema is swelling, in the arm or the leg, caused by an obstruction of this system.

Who Can Benefit?

Individuals with a history of breast cancer, trauma, surgery, obesity, old DVT areas and cellulitis can all benefit from treatment.



Monitoring

Our therapists are trained in the use of state of the art L-Dex technology to monitor a patient's Lymphedema Index (extra fluid). The monitoring process is painless and takes only a few minutes.

Treatment

Compression

We use bandages and compression garments to encourage the movement of fluid out of the affected area of your body.

Exercise

Our therapists teach you a variety of light exercises to aid in the movement of fluid.

Manual Lymphatic Drainage

We use special massage techniques to move the built-up fluid toward the working lymph nodes to help fluid drain.

Skin Care

Our team shows you how to take care of your skin to prevent infections, including cellulitis.

Education

Our goal is to help you manage lymphedema for life. We work with you to identify and avoid triggers that increase swelling.

Locations

Rehabilitation & Sports Medicine Clinics

Stoughton (608) 873-2292

Oregon (608) 835-5373

Accepted Insurance Plans

Stoughton Hospital accepts over 160 area insurance plans, which cover therapy services. Please call us at (608) 873-6611 or check your individual plan regarding coverage of service.