

# Lymphedema Treatment for Patients with cancer & Survivors

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## Brief Overview

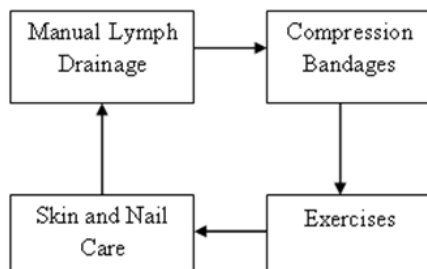
Phase one, also known as the intensive or decongestive phase

Phase two, also known as the self management phase

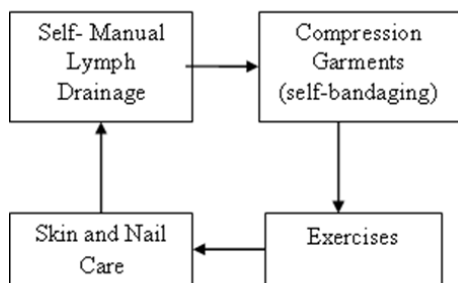


Complete decongestive therapy (CDT), sometimes referred to as complex decongestive therapy, or combined physical therapy is the internationally recognized "gold standard" treatment system for the vast majority of patients affected by lymphedema.

Backed by long standing experience, CDT has shown to be safe and effective as the standard therapy for lymphedema. It is listed on the web sites of the American Cancer Society (ACS), the National Cancer Institute (NCI), the International Society of Lymphology (ISL) and the National Lymphedema Network (NLN) as the main component in the treatment and management of primary and secondary lymphedema.



Phase one, also known as the intensive or decongestive phase, treatments are administered by trained lymphedema therapists on a daily basis until the affected body part is decongested.



Phase two of CDT, also known as the self-management phase. Phase two is an ongoing and individualized part of CDT, in which the patient assumes responsibility for maintaining and improving the treatment results achieved in phase one.