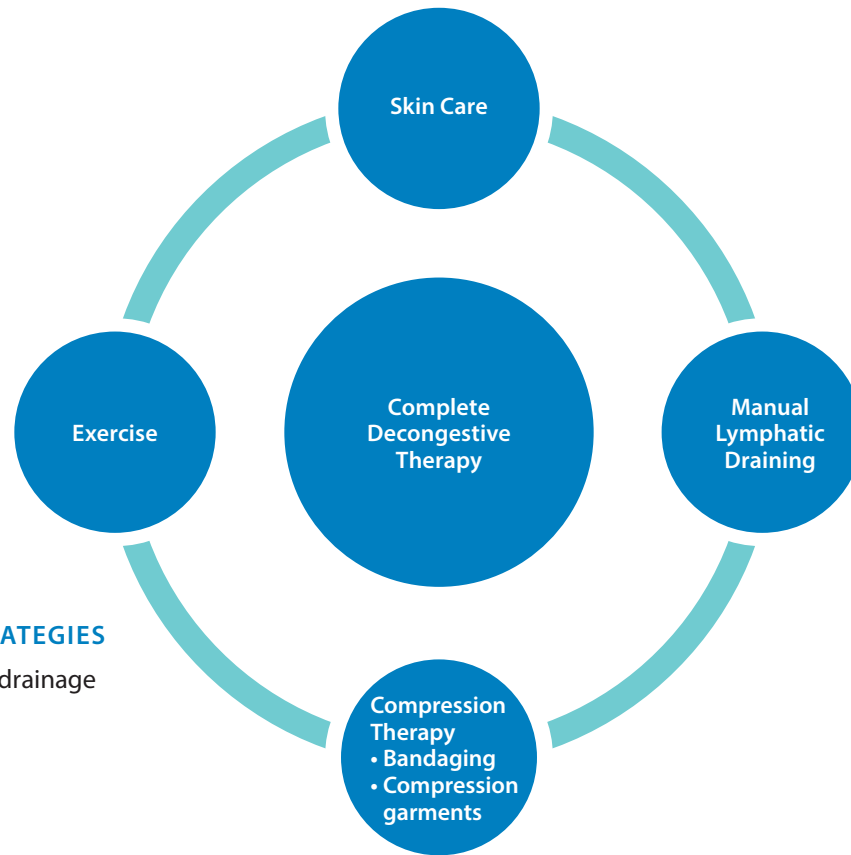


# PHYSICAL THERAPIES FOR THE MANAGEMENT OF LYMPHEDEMA



## COMPLIMENTARY STRATEGIES

- Self-manual lymphatic drainage
- Taping

My Lymphedema Goal(s):

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My Lymphedema Treatment Plan:

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## My Registered Lymphedema Therapist

Name

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Clinic

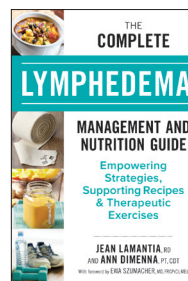
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Email

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Phone

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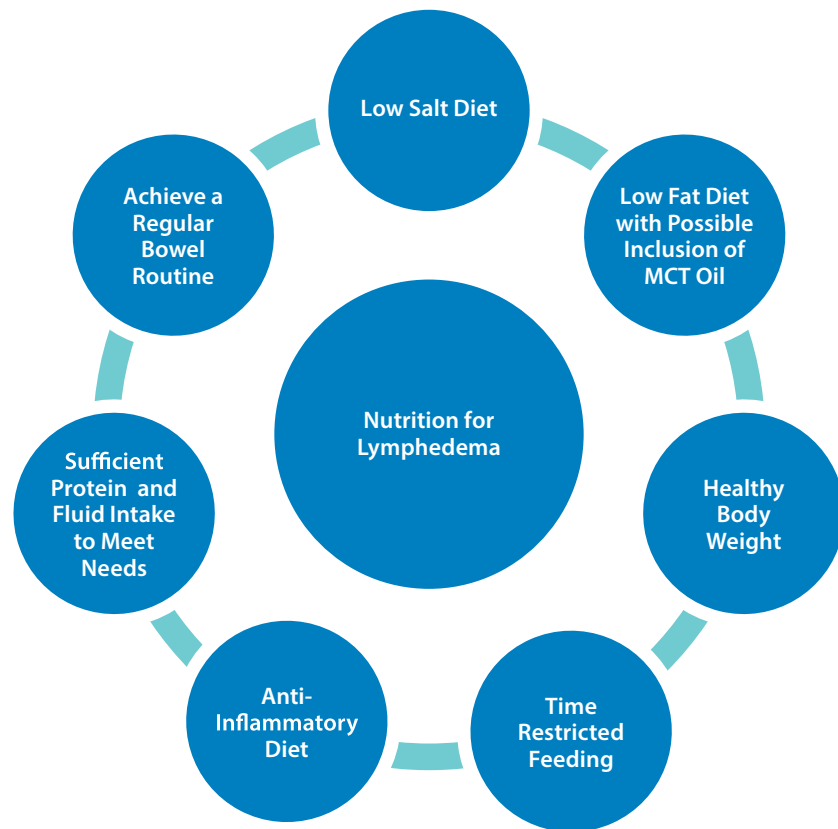


More information including step-by-step images and detailed description of manual lymphatic drainage, skin care, compression bandaging and garments, exercise and taping are included in *The Complete Lymphedema Management and Nutrition Guide*. For more information, go to [www.markhamlymphaticcentre.com](http://www.markhamlymphaticcentre.com).

**Disclaimer:** Information contained has been researched, written and reviewed and is based on the best available evidence. Information is not meant to replace medical advice. Those that need more personal nutrition

or physical therapy advice, or who are following a special diet or exercise program should contact a registered dietitian and certified lymphedema therapist. While every effort is made to ensure information contained is accurate and up to date, errors may occasionally occur. Authors assume no responsibility or liability arising from any error in or omission of information or from the use of any information or advice contained within.

# NUTRITION THERAPIES TO COMPLIMENT PHYSICAL THERAPIES IN THE MANAGEMENT OF LYMPHEDEMA



My Nutrition Goal(s):

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My Nutrition Plan:

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My Registered Dietitian-Nutritionist

Name

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Clinic

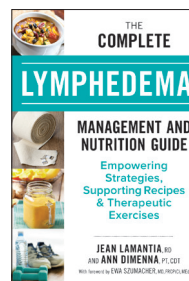
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Email

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Phone

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More information is available including sodium, fat and MCT oil limits, protein and fluid requirements, information on anti-inflammatory diets, time-restricted feeding, review of supplements, meal plans and recipes in *The Complete Lymphedema Management and Nutrition Guide*. For more information go to <http://www.jeanlamantia.com>.

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