

Case report: Oedema in the elbow

Patient: *Patient is a 45-year-old woman, who has suffered from swelling and pain in the right elbow. Her diagnosis is synovitis posttraumatica cubiti I.dx. The patient has had an arthroscopic synovectomy, after which the swelling in the joint has continued and the patient has come to lymphatic drainage through self-referral.*

Methods: The therapist started the treatment by first opening the lymph nodes in the neck and the armpit manually, and then proceeded to the elbow area using the LymphaTouch in a pulsating mode. Compression bandaging was applied after the treatment.

Results: After two treatments, the oedema in the elbow had completely disappeared.