

Case report: Post-mastectomy lymphoedema

Patient: *Patient is a 50-year-old woman, with post-mastectomy lymphoedema in the left arm. Active cancer treatments have been completed.*

Methods: Lymph nodes in the neck were first opened manually, and the rest of the treatment was done using the LymphaTouch device with a 40 mmHg negative pressure setting. Also the pulsating mode was used while treating fibrotic areas. The treatment was planned according to the principles of manual lymphatic drainage. The treatment started by opening of the routes, using the pulsating mode and progressing distally in the arm, with each stroke being directed towards the armpit. Transportation was then done by sliding the treatment head on the skin moving proximally.

Results: Already the first treatment with the LymphaTouch clearly improved the oedematic condition. The second treatment was even more efficient, and the reduction in swelling was clearly visible to the eye. Both the therapist and the patient were satisfied with the results.