

## Case: Slowly developed oedema in the arm

**Patient:** *Patient is approximately 60-year-old woman who has had a frontotemporal stroke on the right side 10 years earlier. After the stroke patients left arm has felt a bit clumsy. The patient had asked her doctor if something could be done to the oedema slowly developed in her left arm. She felt that the swelling was causing her harm in many ways. The doctor prescribed her 3 visits to manual lymphatic drainage therapy.*

**Methods:** At first the patient felt sceptic about MLD therapy sessions. The treatment was started by manual lymph drainage methods on the areas of neck, armpits and forearm. This was followed by the treatment of the whole upper arm using LymphaTouch with a pulsating mode of 80mmHg negative pressure setting and 60mm mouthpiece. The treatment was the continued moving from elbow joint to the left subclavian vein corner (solislaskimokulmaukseen?) with a constant negative pressure setting of 50mmHg. The therapist then continued the treatment with a 50mm mouthpiece and 50mmHg negative pressure, moving from wrist to elbow joint and slightly over it. The treatment was finished with by moving the 35mm mouthpiece on patient's fingers and wrists with a 40mmHg setting.

A compression sleeve was placed on the patient's left arm for the next 24 hours.

**Results:** After the therapy session the patient noticed a change in her hands and was astonished that even the knuckles of the left arm were visible. The patient had a positive feeling about the treatment. She also thought it was quite effective. After the third therapy session the circumference of the arm had reduced with ½-1½ cm and the patient said the hand felt significantly lighter.