

Lymphedema Management

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Our certified lymphedema therapists are occupational and physical therapists who have received extensive training in the treatment and management of primary and secondary lymphedema.

Lymphedema is an abnormal buildup of protein-rich fluid that results in swelling. It is caused by a malfunction or malformation of the lymphatic system. Often, the swelling occurs in an arm or leg, but it can be present in other body parts.

Complete decongestive therapy is an effective method in reducing lymphedema.

The Essentials of the Program

Manual Lymph Drainage (MLD)

This is a gentle manual treatment that uses lymphatic pathways to improve lymph flow and empty fluid-filled areas.

Compression Therapy

Multilayer low-stretch bandages are applied to the limb to prevent refilling of the evacuated fluid. Compression therapy occurs with each MLD treatment. In a later phase of treatment, compression garments are worn during the day.

Decongestive Exercises

Specific lymphedema exercises are prescribed. Exercising with the bandages in place improves the muscle pumping action and, with time, decreases the swelling.



The lymphedema therapist applies compression therapy to the arm.

Skin and Nail Care

Since infections can be a serious complication of lymphedema, patients are instructed in meticulous hygiene to eliminate bacterial and fungal growth to reduce the chance of infection.

Home Management

Training in bandaging and other home management basics is provided to ensure continued success after completion of the program. Compliance with the home program can effectively control the swelling.

While there is no cure for lymphedema, it can be successfully treated and managed through a complete decongestive therapy program.

To make an appointment at one of our convenient locations, mail or fax your prescription for OT/PT lymphedema management to an address listed below.

The Johns Hopkins Hospital

600 North Wolfe Street
Meyer 1-130
Baltimore, Maryland 21287
Phone: 410-614-3234
Fax: 410-614-2065

Johns Hopkins at Green Spring Station

10753 Falls Road, Suite 235
Lutherville, Maryland 21093
Phone: 410-583-2665
Fax: 410-847-3838

