



Comprehensive Lymphedema Rehabilitation Services

Northwestern Medicine offers services to prevent, treat and manage lymphedema. We aim to provide quality, compassionate care while promoting independence, function and optimal quality of life through effective interventions. Our Rehabilitation team includes physical and occupational therapists who are certified in lymphedema rehabilitation and complete decongestive therapy.

Understanding lymphedema

Lymphedema is an abnormal accumulation of fluid, protein and cellular waste in the tissue, and it can affect multiple parts of the body.

It can be caused by:

Congenital/hereditary factors	Work-related injury
Surgery	Car accident
Trauma	Stroke
Radiation	Chronic lymph system infection
Biopsy (lymph node removal) associated with breast, uterine, bladder, ovarian, prostate, testicular, and head and neck cancers	Chronic venous problem
	Obesity
	Lipedema
Orthopaedic injury or surgery	

We commonly treat patients who have or are recovering from any of the following conditions:

Breast cancer	Upper-extremity or lower-extremity post-surgery swelling
Gynecological cancer	Chronic venous insufficiency
Head and neck cancer	History of cellulitis/wounds
Prostate cancer	Lipedema
Peritoneum cancer	Phlebo-lymphedema
Upper-extremity or lower-extremity injury	

○ Convenient locations

Cary
Crystal Lake
Geneva
Grayslake
Lake Forest
McHenry
Orland Park
Palos Heights
Sycamore
Warrenville
Woodstock

Continued >

Our treatment approach

Northwestern Medicine offers:

Pre- and post-operative assessment and education

Complete decongestive therapy

Compression garment fitting and training

Kinesio taping

Individualized exercise plans

Skin care education

Pneumatic pumps

Manual lymphatic drainage

Compression bandaging

Soft tissue mobilization/manual therapy

Self-care education

Lymphedema resources

Support group opportunities

Treatment can result in:

Reduction of swelling to normal or near-normal size

Wound healing and reduced risk of skin infections

Softened skin texture and improved skin health

Improved functioning of the affected limb/body parts

Improved quality of life through effective swelling control

Ability to regain maximum function for daily tasks

Convenient locations

Lymphedema rehabilitation services are available across the Chicago suburbs. To make an appointment, call the desired location:

Cary

2615 Three Oaks Road
847.516.8095

Crystal Lake

200 Congress Parkway
815.444.2930

Crystal Lake

420 Route 21
815.444.2930

Geneva

Delnor Health & Fitness Center
296 South Randall Road
630.933.1500

Grayslake

1475 East Belvidere
Pavilion C, Suite 185
847.535.8000

Lake Forest

Health & Fitness Center
1200 North Westmoreland Road
847.535.8000

McHenry

4305 Medical Center Drive
815.759.4987

Orland Park

15430 West Avenue
708.923.5050

Palos Heights

12251 South 80th Avenue
708.923.5050

Sycamore

2111 Midlands Court
815.748.8900

Warrenville

4405 Weaver Parkway
630.933.1500

Woodstock

3703 Doty Road
815.334.3841