



Comprehensive Rehabilitation Care for Lymphedema

Northwestern Medicine offers services to help 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 build-up of fluid, protein and cellular waste in the tissue. It can affect multiple parts of the body.

Lymphedema can be caused by:

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

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

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

Scan this QR code to access:

- Clinic locations and maps
- A list of services we offer
- Patient education flyers
- Appointment scheduling



Our treatment approach

Northwestern Medicine offers:

- › Pre- and post-operative assessment and education
- › Complete decongestive therapy
- › Compression garment fitting and training
- › Kinesio taping
- › Personalized 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:

- › Reduce swelling to normal or near-normal size
- › Heal your wound and reduce risk of skin infections
- › Soften skin texture and improve skin health
- › Improve functioning of the affected limb/body parts
- › Improve your quality of life through effective swelling control
- › Help you regain maximum function for daily tasks

Convenient locations

Lymphedema rehabilitation services are available at our Chicago and suburban locations. To make an appointment, please call **630.933.1500** (TTY: 711).