



Comprehensive Rehabilitation Care for Lymphedema

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 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	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	

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 of 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 across the Chicago suburbs. To make an appointment, please call 630.933.1500 (TTY: 711).