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:

<table>
<thead>
<tr>
<th>Congenital/hereditary factors</th>
<th>Work-related injury</th>
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<tbody>
<tr>
<td>Surgery</td>
<td>Car accident</td>
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<tr>
<td>Trauma</td>
<td>Stroke</td>
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<tr>
<td>Radiation</td>
<td>Chronic lymph system infection</td>
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<tr>
<td>Biopsy (lymph node removal) associated with breast, uterine, bladder, ovarian, prostate, testicular, and head and neck cancers</td>
<td>Chronic venous problem</td>
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<tr>
<td>Orthopaedic injury or surgery</td>
<td>Obesity</td>
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<td>Lipedema</td>
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We commonly treat patients who have or are recovering from any of the following conditions:

<table>
<thead>
<tr>
<th>Breast cancer</th>
<th>Upper-extremity or lower-extremity post-surgery swelling</th>
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<tbody>
<tr>
<td>Gynecological cancer</td>
<td>Chronic venous insufficiency</td>
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<tr>
<td>Head and neck cancer</td>
<td>History of cellulitis/wounds</td>
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<tr>
<td>Prostate cancer</td>
<td>Lipedema</td>
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<tr>
<td>Peritoneum cancer</td>
<td>Phlebo-lymphedema</td>
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<tr>
<td>Upper-extremity or lower-extremity injury</td>
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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