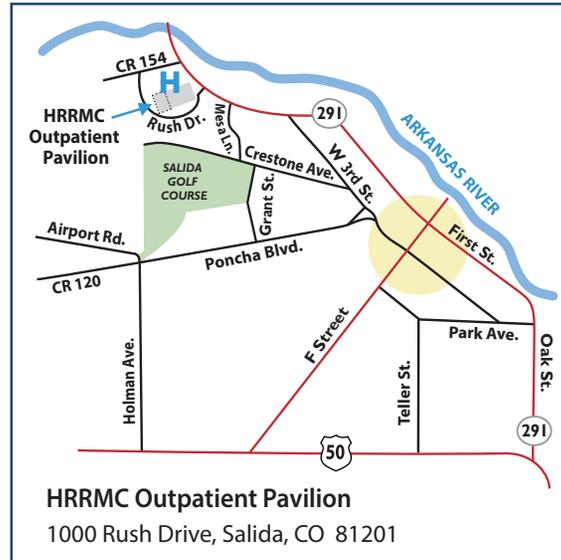




To make an appointment with HRRMC Rehabilitation Services in Salida, call 719-530-2040.



The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.

HRRMC's Certified Lymphedema Therapist

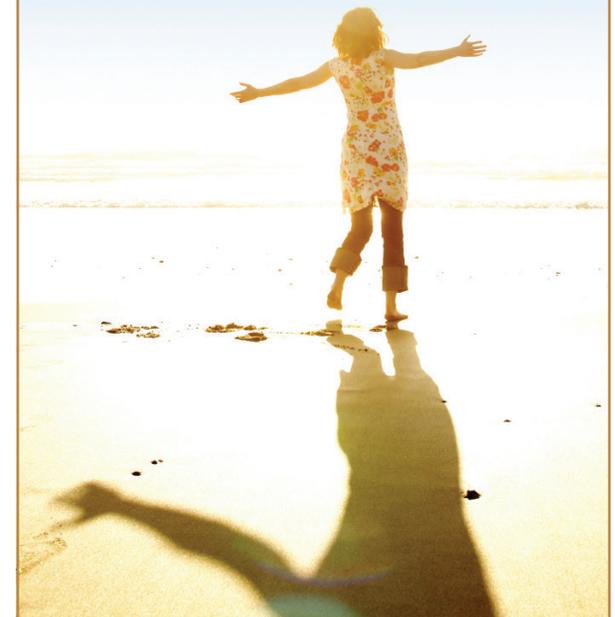
Alice Smyth, PT, CLT, graduated with a Master of Science in Physical Therapy from the University of New Mexico. She studied lymph drainage therapy through the Chikly Institute and received her certification in bandaging and lymphedema therapy through the Academy of Lymphatic Studies. Alice has experience in outpatient orthopedics, chronic pain and dry needling.

She is certified as an oncology rehabilitation specialist by the Physiological Oncology Rehabilitation Institute (PORi). Her knowledge and understanding of various cancer treatments including surgery, chemotherapy, radiation and hormone therapies enable her to treat the systems affected through a variety of therapies.

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ONCOLOGY REHABILITATION AND LYMPHEDEMA THERAPY



REHABILITATION DURING AND AFTER CANCER TREATMENT

Cancer rehabilitation should be an integral part of your recovery. Surgical procedures, chemotherapy and radiation can cause a number of issues for cancer patients including:

- Pain
- Fatigue
- Neuropathy
- Limited range of motion
- Weakness and balance issues
- Loss of function
- Cording (thin, guitar string-like structures under the skin) that can limit range of motion and increase risk for swelling
- Difficulty participating in work, home or recreational activities
- Scar tissue/fibrosis
- Poor posture
- Incontinence or constipation

Rehabilitation can help improve most of the conditions caused by your cancer treatment. Our goal is to help you live a full and active life during and after cancer treatment.



■ What is Lymphedema?

Lymphedema is a condition in which excess fluid builds up in the tissues causing chronic swelling or edema due to dysfunction or a blockage within the lymph system. Lymphedema commonly affects an arm or leg but can also affect the head, trunk or genitals.

Early intervention is recommended so that you may prevent or control lymphedema issues.

■ Types of Lymphedema

Primary: Either congenital or hereditary and may show at birth, puberty or adulthood.

Secondary: Acquired and caused by an insult to or blockage of the lymph system which may include:

- Surgical removal of the lymph nodes
- Cancer
- Radiation
- Surgery
- Trauma, burns, infection or scar tissue
- Inadequate bloodflow, causing blood to pool in the veins

■ Symptoms of Lymphedema

- A full, achy, heavy, tired, or tingling sensation in the limb(s)
- Skin feeling tight
- Decreased range of motion in the joints due to swelling

If you notice persistent swelling, it is very important that you seek immediate medical advice.

Early diagnosis and treatment improve both the prognosis and the condition.



■ Treatment of Lymphedema

Complete Decongestive Therapy

This includes manual lymph drainage, compression, exercise, proper skin care and diet, and techniques to alleviate symptoms.

Manual Lymph Drainage

This gentle technique requires a therapist to use their hands on the skin to move the excess fluid toward lymph vessels that are functioning properly to decrease the edema. Manual lymph drainage decreases edema and stimulates the parasympathetic nervous system.

This technique can also help reduce:

- Muscle spasms
- Pain
- Post-traumatic swelling
- Swelling due to sport injury
- Post-surgical swelling
- Fibromyalgia and rheumatoid arthritis
- Sinus headache

Trigger Point Release

This treatment focuses on stimulating and releasing “trigger points” in your body. The goal of trigger point release is to decrease pressure on the circulatory, nervous and lymph systems.

Compression Garments

Measuring and recommendations for compression garments are available.