

Other therapies that can be used in conjunction with DLT.

### Compression garments



Compression garment hosiery is essential in the long term management of Lymphoedema.

Susanna measures and fits these garments to meet the needs of your condition. Correct fitting is essential for the garment to work. Garments can be obtained on prescription or through your GP privately.

- Skin care
- Exercise
- Manual Lymphatic drainage
- Multi-layer Lymphoedema bandaging

### What is Hivamat Deep Oscillation?

DEEP OSCILLATION allows the creation of biologically effective oscillations in the treated tissue using electrostatic attraction and friction. This therapy has a gentle and deep-acting effect on all tissue components to 8cm depth. It is a patented, proven technology.

The therapist uses the full range of massage movements either by gloved hands or applicator. The non-invasive, non-traumatic nature of this therapy means that early application is possible.



Chronic conditions can also be worked upon with effective results.

### Kinesio tape

Lymphatic correction, directing fluid towards less congested areas. This is achieved by the tape lifting effect of the skin, which decreases pressure to allow lymph flow and the tape can have a massage action during active motion. As used in the London Olympics.



### Susanna Priest

In the 1930s Dr Emil Vodder created MLD. This is now a recognised therapy within the NHS Hospitals. Susanna trained in the Dr. Vodder Schule method based in Austria.

Susanna has worked in a major London NHS Hospital on the wards and for the Outpatients in the Dermatology Lymphatic Department. She has also worked in the Oncology department as a therapist for M'Technique Massage for pre and post operative 'in' and 'out' patients at Cheltenham General Hospital.

Susanna is also an EMS (Electro-magnetic Stimulation) therapist.



### Other therapies

- Electro-Magnetic Therapy (EMS)
- M'Technique Therapy
- Fusion Light Therapy (Theragem)

### Clinics

#### Nailsworth

EMS Pain Relief Sanctuary  
Suite 2, 2 Market Street  
Nailsworth, Stroud GL6 0BX  
*Entrance is on the A46*

#### Cheltenham

The Isbourne Holistic Centre  
4 Wolseley Terrace  
Cheltenham GL50 1TH

#### Bristol

Whiteladies Health Centre  
Whately Road, Clifton  
Bristol BS8 2PU  
*Easy parking 11am-4pm*

#### Mobile service

Mobile therapy at home  
service available

Maps and directions to the clinics can be viewed at

[www.centre4health.co.uk](http://www.centre4health.co.uk)

Email: [susanna@centre4health.co.uk](mailto:susanna@centre4health.co.uk)

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Please remember that all pre and post-operative therapies should be discussed with the surgeon directing your treatment. A therapy is not a substitute for medical treatment.



## DECONGESTIVE LYMPHOEDEMA THERAPY (DLT)

- Lymphoedema
- Lipoedema
- Ulcers

[www.centre4health.co.uk](http://www.centre4health.co.uk)

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## Diagnosics

At Centre 4 Health, our Lymphatic Nurse assesses our patients for diagnostics and Doppler testing. Then we can start your Lymphatic management programme.

## What is Decongestive Lymphoedema Therapy?

DLT or sometimes called Combined Decongestive Therapy (CDT) is a therapy combining two therapies, Manual Lymphatic Drainage (MLD) and Multi-Layer Lymphoedema Bandaging (MLLB).

Combined decongestive therapy, or CDT is when multi-layer lymphoedema bandaging (MLLB) and manual lymphatic drainage are used in combination.

CDT is often used when the skin and tissue has become hard (fibrotic). It will help improve the shape and drainage of the limb and should reduce swelling and discomfort.

Susanna practices multi-layer lymphoedema bandaging sometimes during an intensive course of lymphoedema therapy. This consists of using various different types of bandaging which improves the lymphatic drainage and helps to prevent further build up of limb swelling. Skin care and exercise will also be given.

There are two distinct stages in CDT. The first, an intensive course for the reduction in swelling and then a maintenance course to help keep the swelling down.

## What is Manual Lymphatic Drainage?

MLD is a gentle, highly specialised, non evasive form of massage carried out by trained therapists to improve the working of the lymphatic system.

The aim of MLD is to move the fluid away from the swollen areas to parts that are not affected to drain freely.

- To clear the skin
- As an aid to profound relaxation
- Alleviate fluid congestion, such as puffy eyes and fluid retention (PMT)
- Promote the healing of wounds, scars and burns
- Facilitate the care of venous oedema
- In the management of leg ulcers
- In pre and post surgery to aid healing
- Tissue drainage, by increasing lymph flow

- Promote the management of primary and secondary lymphoedema
- As part of the recovery of hip and knee replacements

### The four corner stones of lymphatic management

- SKIN CARE
- GENTLE EXERCISE
- COMPRESSION HOSIERY
- MLD

## Who can benefit from MLD?

As yet there is no medication for lymphoedema, (diuretics is used in some cases of cardiac history and antibiotics for cellulitis infection) so this condition must be self-managed and have specialist support. In severe cases of Lymphoedema, DLT therapy is used to help with...

- A better limb shape
- Reduced pain
- Better mobility.
- Confidence

This along with the four corner stone therapy...

- Skin care, wash and daily moisturise. Avoid cuts, burns, sunburn, injections, blood tests and blood pressure to your swollen limb.
- Gentle exercise, such as Pilates, Ti Chi, a walk and swimming. Elevate your feet and sleep in bed not in a chair.
- Compression hosiery, correct fitting hosiery is essential. These must be worn during the day and taken off at night as directed by your practitioner.
- Massage, Manual Lymphatic Drainage (MLD) by hour accredited therapist, she can also teach you some Simple Lymphatic Drainage (SLD).

Can help to prevent...

- Cellulitis
- Lymphorrhoea
- Skin changes
- Skin folds
- Improve self-worth and confidence

## Lipoedema

Lipoedema, is a condition which is highly undiagnosed in the UK, often diagnosed as obesity. It is an inherited disease of the fat cells in your body, making your waist to your upper thighs out of proportion to the rest of your body. Dieting hardly helps. It can be disfiguring and painful. It can develop in puberty, post menopause and child birth. The majority of cases are women. If left unmanaged Lipoedema can lead to lipolymphoedema.

## Lymphoedema

The lymphatic system takes all of the spent waste products from under your skin or muscles. When it is not working to its full potential limbs will swell. Lymphoedema is diagnosed into two sections...

**Primary Lymphoedema** can be present at birth, after an aeroplane flight, or brought on typically during hormonal change in puberty or menopause.

**Secondary Lymphoedema** can occur post operation (1/3 of cancer patients can have a degree of Lymphatic swelling) or after a trauma such as a medical operation.

### Typical signs are...

- Reduced limb movements
- A feeling of stretching or tightness - burning, heaviness discomfort or pain
- Clothes feeling tighter than usual (especially rings sleeves etc.)
- Thickening and drying of skin



Primary leg lymphoedema, DLT, MLD and Compression Hosiery\*

*"When Susanna Priest took over the treatment of my lymphatic legs, the legs from the knee down including the feet and toes were badly swollen. I also have a slight oedema in my upper legs. Also, my skin, especially around the ankles was in very poor condition."*

*"Susanna has treated me with compression bandaging and manual mymphatic drainage massage I consider Susanna to be especially good at MLD and I always feel the benefit. I now wear Grade 2 long stocking with spate toes. I have lost several centimeters of volume off my legs, and I am very pleased with my progress. Susanna is very caring and committed to the improvement of her patient."*

*"Susanna has transformed my legs in the last two years, she is a brilliant manual lymphatic drainage therapist, and I strongly urge anyone with swollen legs to contact her." Mrs K, Gloucestershire*