



MILLENNIUM PHYSICAL THERAPY

R E H A B I L I T A T I O N & W E L L N E S S



WHAT ROLE CAN PHYSICAL THERAPY PLAY IN LYMPHEDEMA TREATMENT?

Are you dealing with lymphedema? Have you found it challenging to reduce the swelling on your own? Fortunately, at Millennium Physical Therapy, our team of occupational therapists and physical therapists can help you find the results you are looking for!

Lymphedema is a condition resulting from swelling in the arms or legs. The proper guidance on reducing and managing lymphedema is the key to relief. Our therapists are skilled at treating and educating you on the most effective strategies to minimize swelling and pain.

What Is Lymphedema?

The lymphatic system is part of the immune and circulatory systems and is responsible for maintaining fluid levels in our body tissues. When functioning properly this system removes the fluids that leak out of our blood vessels. Damage to or blockage in the lymphatic system causes lymphedema.

The lymph nodes are responsible for filtering substances that travel in the lymphatic system. These nodes also contain

the white blood cells used to help the body fight infection and disease. When functioning correctly in the lymphatic system, the lymph fluid flows appropriately and produces the cells and antibodies to protect our body from infection and disease.

Causes of Lymphedema

There are two types of lymphedema, primary and secondary lymphedema. Primary lymphedema is a rare disease that is due to a genetic reason where the lymphatic system is not functioning as it should.

Secondary lymphedema is most commonly caused by lymph node removal or damage due to cancer treatment. This condition can also result from a wound or skin infection, especially repeated infections and/or traumas (i.e., severe crushing, burning, or significant scarring due to large wounds).

No matter the source of your lymphedema, our team knows how to address the swelling and pain and help you find relief once and for all.

Visit us online www.trympt.com or call today!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSIONS



At Millennium Physical Therapy, our goal with each patient is to significantly reduce swelling, decrease risk of disease complications and get each patient independent with self-management.

We will conduct a thorough evaluation to understand the nature of your condition and all the factors contributing to lymphedema. Our therapists use specific therapeutic techniques as a part of the gold standard of treatment known as Complete Decongestive Therapy (CDT). CDT includes manual lymphatic drainage exercise, compression garments, and limb-wrapping techniques. The goal is to minimize pain, swelling, and any other symptom caused by lymphedema.

Millennium Physical Therapy will incorporate targeted manual therapy, scar tissue mobilizations, and mobility

work to restore range of motion or tissue mobility related to cancer treatments or injuries causing the edema.

We will also recommend aerobic exercise, resistance training, stretching, yoga, and pilates. Exercise is a safe and effective intervention in managing symptoms associated with lymphedema and restoring function.

We know the safest exercises to support an improved quality of life, improved strength, and improved mental health while decreasing pain and lymphatic swelling.

**Contact us to get started on
the road to recovery today!**

**Click to
Schedule!**

Sources: <https://www.frontiersin.org/articles/10.3389/fphys.2020.00137/full>; <https://www.ncbi.nlm.nih.gov/books/NBK537239/>; https://www.impedimed.com/wp-content/uploads/2021/03/ONS_CRLE-Guidelines_2020.pdf



HAVE YOU SUSTAINED A WORK INJURY?

Physical Therapy Can Help You Get Back to Your Job Faster

Have you suffered a work-related injury? If so, Millennium Physical Therapy can help you on your recovery journey and get you back to work quickly!

Work injuries can lead to physical, emotional, and monetary distress. This is especially true if you don't know how long your recovery time is going to be.

Physical therapy plays a key role in helping people recover from their work injuries, especially as recovery plans are often covered by workers' compensation insurance.

It's important to meet with a physical therapist as soon as possible to get started on the right recovery plan for your needs. Contact us today to get started!

Visit us online www.trympt.com or call today!

EXERCISE ESSENTIALS

ANKLE ALPHABETS

Try this to increase flexibility

Start by sitting up straight in a chair. Raise one leg out in front of you. Slowly write the letters of the alphabet with your foot, only moving at your ankle joint. Repeat 3 sets, 10 reps each.



Always consult your physical therapist before starting new exercises.

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US!**

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WE WANT TO HEAR YOUR SUCCESS STORY!



One of the best ways to help a local business succeed is by leaving a Google review. Click below to tell your PT story!



REVIEWS



EASY HOLIDAY APPETIZER

3-Ingredient Cranberry-Brie Bites

- 1 (7-8 oz) prepared pie crust (or 1/2 of a 14-oz package)
- ½ cup prepared cranberry sauce or homemade, divided
- 3 ounces Brie cheese, cut into 24 pieces, divided
- (optional) 1 tablespoon chopped fresh chives

Preheat oven to 450°F. Lightly coat a mini muffin tin with cooking spray. Unroll pie crust onto a cutting board or clean surface. Flatten dough to about 12 inches in diameter. Cut 24 2-inch circles out of the dough with a biscuit cutter, rerolling scraps if needed. Place the dough circles in the prepared muffin cups, gently pressing on the bottom and sides. Prick the dough with a fork. Bake until lightly browned, 5 to 7 minutes. Remove from the oven.

Add 1 teaspoon cranberry sauce to each cup, then top with a piece of Brie. Return to the oven and bake until the sauce is hot and the cheese has melted, about 5 minutes more. Let cool for 10 minutes. Sprinkle with chives, if desired, and serve warm.

<https://www.eatingwell.com/recipe/268041/3-ingredient-cranberry-brie-bites/>

COME BACK TO PT!

YOU CAN LIVE PAIN-FREE!

We want to help.
Give us a call today.

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