

# HELPING YOU *Manage the Effects* of LYMPHEDEMA

Helping our patients at every stage of their cancer recovery journey is important to us. At Sky Ridge, our lymphedema program includes preventative service for post surgical and post radiation therapy patients who are at high risk of developing lymphedema. We use a number of treatment methods to help reduce swelling, along with other symptoms of lymphedema. Our goal is to help you maintain your quality of life and return to your normal routine. Our specialist, Christianne Hippe, helps patients manage lymphedema through:

- Exercise and self-care instruction
- Manual lymph drainage techniques
- Manual therapy techniques for scar tissue
- Bandaging and appropriate garment selection
- Education

These techniques will help reduce swelling, enable you to return to your hobbies, improve comfort and prevent infection through education.



## Meet Our Lymphedema Therapist

Christianne Hippe received her Master's of Physical Therapy from Chapman University in Orange, California in 1990.

She is an Orthopedic Certified Specialist from the American Physical Therapy Association and a Certified Mulligan Practitioner in Mobilization with Movement from the Mulligan Institute in New Zealand. Christianne came to Sky Ridge Medical Center in 2007 after practicing in numerous therapy settings in Southern California. She recently completed course work in Advanced Oncology Concepts and Breast Cancer Rehabilitation. She is currently the lymphedema specialist in the Sports Medicine & Rehabilitation Center at Sky Ridge.

*For more information or to schedule an appointment, please call 720-225-1030.*



## *What is* LYMPHEDEMA?

Lymphedema is the result of an obstruction of the venous or lymphatic systems. It can cause chronic swelling in the arms, legs, chest or back due to accumulation of protein rich fluid in the lymph channels. Patients who have undergone treatment for cancer may experience damage to their lymph nodes. This can interfere with the natural healing process of the body, increasing the risk of infection. Left untreated, lymphedema can lead to limited mobility, decreased strength and decreased range of motion.

## WHO CAN BENEFIT

Patients who can benefit from our Lymphedema Management Program include:

- Post-mastectomy patients
- Breast cancer patients
- Patients with lymph node complications
- Hodgkin's disease patients
- Surgical patients with lower extremity lymph node complications

This service may be covered by your insurance.

