

# Lymphedema Clinic at Brynwood Myofascial Therapy

**L**ymphedema is a serious condition in which excessive lymphatic fluid collects in the interstitial tissues of the body, due to protein situations in the body that have chemical attraction to water molecules. This abnormal buildup of fluid can cause swelling, pain, discomfort, and feelings of tightness in specific areas of the body or, more generally, throughout the body itself.

Symptoms of lymphedema may include any or all of the following:

- Swelling in the arms, hands, fingers, legs, feet, toes, face/neck, shoulders and abdomen
- Skin indentations that may stay after being pressed (early onset)
- Weakness or heaviness of legs and arms
- Tightness or stiffness of the skin, pain/heat and/or redness of affected areas
- Aching in the neck, shoulders, spine, or hips
- Decreased range of motion in upper and/or lower extremities
- Difficulty fitting into clothing, tight fitting rings, shoes, or watches.

## What is Lymphatic System?

The lymphatic system plays an integral part in the body's immune system. It consists of specialized vessels and nodes which help to transport lymph fluid back towards the heart after helping to cleanse the body of metabolic and cellular debris.

There are two types of Lymphedema, Primary and Secondary, with Secondary being more prevalent in society than Primary.

Lymphedema can be caused by multiple attributing sequelae in the body including:

- Cancer that causes a blockage in the lymphatic drain system
- Surgery (removal of lymph nodes) and/or radiation that affect nodes or vessels
- Infection or physical damage to lymph system or nodes
- Scarring in and around vessels/nodes
- Blockage of a vein by clotting, trauma, or other diseases.

Typical cancers that bring on an increased incidence of Lymphedema include, but are not limited to, breast cancer, prostate cancer, melanoma, gynecological cancers, lymphoma's, blood cancers, and sarcoma's. If left untreated, the accumulation of fluid eventually results in fibrosis (hardening) of the extremity tissues.

## How Does Decongestive Therapy Help?

The overall goal of treating lymphedema is to allow the lymphatic system to flow freely once again and this approach is called Decongestive Therapy. The Brynwood Myofascial Therapy clinic focuses on treating the entire person with lymphedema from a Complete Decongestive Therapy model that includes: education, exercise, manual lymphatic techniques, compression/garments, counseling in regards to nutrition/wellness and skin care/hygiene, as well as assist with activities of daily living through



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compensatory means, if needed.

The overall goals of Brynwood Myofascial Therapy for their patients include: reduction in fluid in a safe manner, improve skin pliability, improve pain, improve range-of-motion, improve self-confidence, and a return to a normal lifestyle. The use of up-to-date evidence-based research and on-going education for the providers at Brynwood Myofascial Therapy allows us to improve the treatments that our patients receive. ■

**Most insurances and Medicare accepted.**

**Brynwood**  
**Myofascial Therapy** LLC

The logo for Brynwood Myofascial Therapy LLC features a stylized blue figure with arms raised, resembling a person in motion or a flame, positioned to the right of the text.

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