Where do I find a Lymphedema Trained Therapist?

When you need care for your lymphedema, you have a choice of where to receive treatment. Please talk with your physician and request a referral for an Occupational Therapy evaluation and treatment for lymphedema at FirstHealth of the Carolinas. Many insurance plans will cover some or all lymphedema therapy treatments. The FirstHealth Rehabilitation department will assist in determining your coverage benefits.

FirstHealth has specially trained therapists within the Outpatient Rehabilitation Clinic settings who can assist you in your lymphedema needs and treatment.

We hope you will choose one of our convenient locations.

When you need Rehab...
You need FirstHealth

**Pinehurst**
Aviemore Drive Center
Christy Pusser, OTL/R, CLT*
12 Aviemore Drive, Pinehurst, NC 28374
(910) 715-2600

**Raeford**
Located in FirstHealth Fitness - Raeford
Heather Dill Litts, OTL/R, CLT*
313 Teal Drive, Raeford, NC 28376
(910) 904-7407

*Certified Lymphedema Therapist

**Rockingham**
Located in FirstHealth Fitness - Richmond
Belinda Stanley, OTL/R
120 Richmond Memorial Drive, Rockingham, NC 28379
(910) 410-9539
What is Lymphedema?
Lymphedema occurs when the lymph vessels are unable to adequately drain fluid, which then causes swelling within various regions of the body. This typically occurs within the arms and legs, but can also develop in the chest, back, face and abdomen.

Who is at Risk?
Lymphedema can be the result of:
- Removal or damage to lymph nodes from cancer treatment
- Radiation treatment
- Mastectomy
- Lumpectomy
- Venous Stasis Ulcers
- Infection of the lymph nodes or parasites
- Heredity
- Traumatic injury harming the lymph system
- Pelvic surgery
- Congenital Lymphedema (Milroy’s)
- Venous Insufficiency

What is the treatment for Lymphedema?
Once the diagnosis of lymphedema is confirmed, therapy treatment may be indicated. Since there is no cure for lymphedema, the goal of treatment is to reduce the swelling and maintain the reduction.

Lymphedema Management can consist of (but is not limited to):

**Manual Lymph Drainage (MLD):** A gentle hands-on technique that stimulates the activity of the lymph vessels and manually moves lymph fluid.

**Compression:** The affected limb is bandaged to create a graduated compression that reduces swelling. Once the limb has decreased to the desired size, your therapist will help you find a garment that best meets your needs.

**Therapeutic exercises:** A safe and sensible exercise plan to help move lymph fluid from the affected area and improve your physical fitness.

**Lifestyle education:** Skin care, compression bandage wrapping, and nutrition and lifestyle tips to assist decreasing further buildup and reduce the chance of infection.