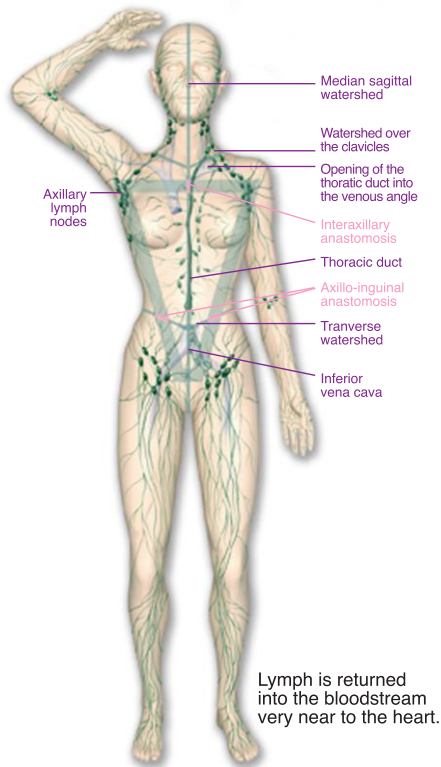


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Compression hosiery & its role in lymphoedema management

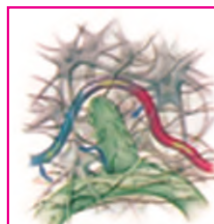


“For those suffering from diseases of the lymphatic system, it is essential that their treatment should be pleasant, compatible with their everyday lives, and yet as effective as possible.”



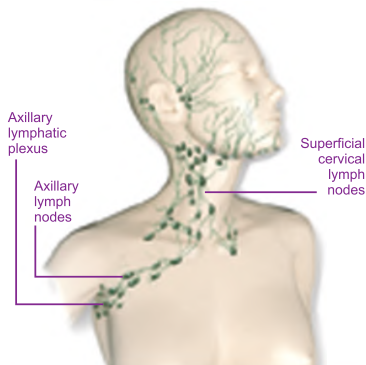
lymph nodes

Lymph nodes are found in many parts of the body. The filtering function allows the removal of harmful substances. Lymphocytes are produced in the lymph nodes. These are a type of white blood cell and form part of the body's system of defence against disease.



lymph capillaries & accompanying blood capillaries

The lymph capillaries are shaped like fingers and lie in spaces between the body's tissue cells. They have special openings through which all the substances that can only be removed by lymph are taken up. They are joined to precollectors that carry the lymph away.



“Compression garments are an essential part of ongoing care and must always be worn to ensure reductions in limb volume are maintained.”



The lymphatic vessels, unlike our system of arteries and veins, do not form a circulatory system but act as “blind allies” in the peripheral areas. The main role of this is carry away proteins and other substances that cannot be removed by absorption into the venous capillaries. Approx 2 to 4 litres of lymph are carried into the bloodstream daily.



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Lymphoedema is defined as subcutaneous soft tissue swelling. Lymphoedema develops when the lymphatic system can no longer transport lymph, a tissue fluid, due to insufficiency (primary) or damage caused by trauma (secondary). The resulting pooling of water and protein in the tissues causes the swelling. The protein may cause chronic tissue inflammation which eventually leads to the formation of connective tissue fibres.

Common causes of injury to lymphatic vessels

- frequent inflammation of the lymph vessels, e.g. caused by bacteria
- protracted injuries, burns covering large areas of skin
- treatment of malignant tumours, after surgery and / or radiotherapy.

Therapeutic measures for lymphoedema Principles of therapy

It's a fact : you can only prevent your disease worsening by sticking rigidly to your treatment. Physical decongestion therapy (CPD) has proved very successful and become established in the treatment of lymphoedema. This acts, for example in the

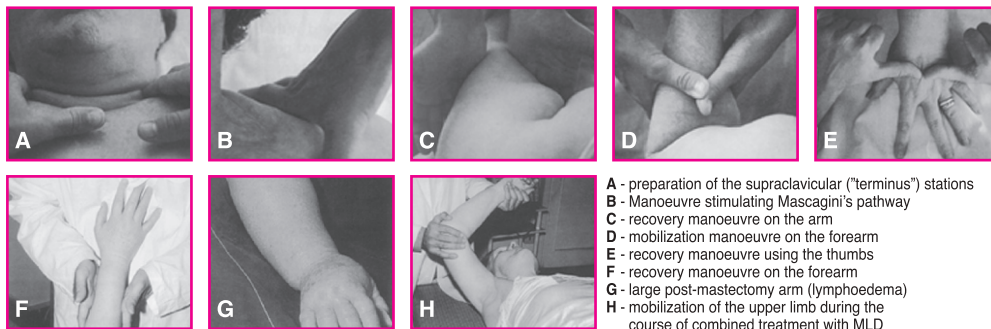
- drainage of lymphatic congestion
- restructuring of changed, hardened connective tissue
- activation of the muscle pumps, etc.

Manual lymphatic drainage is one of the most important methods of physical decongestion therapy. Special massage techniques, known as stationary circles, pumping, scooping and rotaries, are used alternately or in combination, as required. The pressure applied is adapted to the individual patient's condition. On no account must these treatment techniques cause or aggravate pain. The combination of manual lymphatic drainage with subsequent compression therapy, bandaging or wearing of compression stocking, leads to the best possible therapeutic outcome and therefore reduced oedema.

Compression plays an important part in the treatment of lymphoedema, be it primary or secondary lymphoedema, and in the hand, arm, leg or elsewhere.

With a correctly fitting garment not only does the garment increase the pressure within the tissues thus encouraging lymph to redistribute and drain, but also it reinforces the skin making a firm wall to the limb so increasing the efficiency of the muscle pump systems within, encouraging lymph flow and drainage in the compromised limb.

Treatment Sequence



A - preparation of the supraclavicular ("terminus") stations
 B - Manoeuvre stimulating Mascagni's pathway
 C - recovery manoeuvre on the arm
 D - mobilization manoeuvre on the forearm
 E - recovery manoeuvre using the thumbs
 F - recovery manoeuvre on the forearm
 G - large post-mastectomy arm (lymphoedema)
 H - mobilization of the upper limb during the course of combined treatment with MLD

Measurement method - mediven® harmony CCL 1* and 2 - Lymphoedema Patients

TABLE - 2 (Styles)

Circumference(cm)		III	IV	V	VI	VII
Size I	II	30-33	33-35	35.5-38.5	38-39.5	39-41.5
cA	cC	25.5-28	28-30.5	27.5-30	29-31.5	30.5-33.5
cE	cG	24.5-26.5	26-28.5	27.5-30	29-31.5	30.5-33.5
cC	cA	13.5-14.5	14.5-15.5	16-17.5	17.5-19	19-20.5
cE	cA	15-18	16-19	17-20	19-22	20-23
cG	cA	16-19	17-20	19-22	20-23	22-25
cA	cA	15-18	16-19	17-20	19-22	20-23
cE	cA	15-18	16-19	17-20	19-22	20-23
cG	cA	15-18	16-19	17-20	19-22	20-23

Circumference / Fingers (cm) / Sizes		III	IV	V	VI	VII
Thumb	Bottom xX	7.0	7.5	8.0	8.5	9.0
	Top xZ	6.0	6.5	6.5	7.0	7.5
Index finger	Bottom xX	6.5	7.0	7.5	8.0	8.5
	Top xZ	5.0	5.5	6.0	6.0	6.5
Middle finger	Bottom xX	6.5	7.0	7.5	8.0	8.5
	Top xZ	5.0	5.5	6.0	6.0	6.5
Ring finger	Bottom xX	6.0	6.5	7.0	7.5	8.0
	Top xZ	5.0	5.0	5.5	5.5	6.0
Little finger	Bottom xX	5.5	6.0	6.0	6.5	7.0
	Top xZ	4.5	4.5	5.0	5.0	5.5

714H 716H 734H 736H 761H 738H 742H 740H 744H

Measurement Method (mediven® harmony)

- First Take the measurement of cA, cC, cE & cG of the hand in the Box -1 as per Table 1.
- Please tick (✓) the size in the Box-2 as per Table no. 1
- Please tick (✓) in the Box for the style as per Table no. 2
- Proceed for the order by matching the style as per Table no. 2 with the size marked (✓) in the Box -2 of Table no.1



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