

**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 worseing 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 as to increase the efficiency of the muscle pump system within and encouraging lymph flow and drainage in the compromised limb.



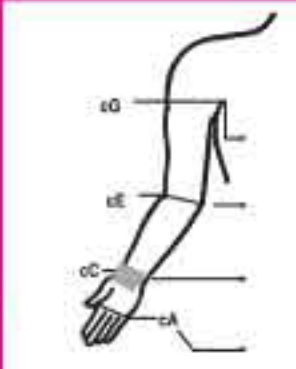
**Treatment Sequence**



**A** - Preparation of the supraclavicular ("terminus") stations  
**B** - Manoeuvre stimulating Mascagini's pathway  
**C** - Recovery manoeuvre of the arm  
**D** - Mobilization manoeuvre of the forearm  
**E** - Recovery manoeuvre using the thumbs  
**F** - Recovery manoeuvre of 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)							
Sizes	I	II	III	IV	V	VI	VII
cG	25,5-28	28-30,5	30-33	32-35	33,5-36,5	36-39,5	38-41,5
cE	23-25	24,5-26,5	26-28,5	27,5-30	29-31,5	30,5-33,5	32,5-35,5
cC	13,5-14,5	14,5-15,5	16-17,5	17,5-19	19-20,5	20,5-22,5	22,5-24,5
cA	15-18	16-19	17-20	19-22	20-23	22-25	24-27

Circumference (Finger) (cm) / Size							
Sizes	II	III	IV	V	VI	VII	
Thumb	Bottom: 7,0 Top: 8,0	7,5 8,5	8,0 9,0	8,5 9,5	9,0 10,0	9,5 10,0	
Index finger	Bottom: 5,0 Top: 5,5	5,5 6,0	6,0 6,5	6,5 7,0	7,0 7,5	7,5 8,0	
Middle finger	Bottom: 5,0 Top: 5,5	5,5 6,0	6,0 6,5	6,5 7,0	7,0 7,5	7,5 8,0	
Ring finger	Bottom: 5,0 Top: 5,5	5,5 6,0	6,0 6,5	6,5 7,0	7,0 7,5	7,5 8,0	
Little finger	Bottom: 4,5 Top: 5,0	5,0 5,5	5,5 6,0	6,0 6,5	6,5 7,0	7,0 7,5	



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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cC	13,5-14,5	14,5-15,5	16-17,5	17,5-19	19-20,5	20,5-22,5	22,5-24,5	
cA	15-18	16-19	17-20	19-22	20-23	22-25	24-27	

Circumference (Finger) (cm) / Size		II	III	IV	V	VI	VII
Thumb	Bottom x Tape 2	7,0	7,5	8,0	8,5	9,0	10,0
Index finger	Bottom x Tape 2	5,0	5,5	6,0	6,5	7,0	7,5
Middle finger	Bottom x Tape 2	5,0	5,5	6,0	6,5	7,0	7,5
Ring finger	Bottom x Tape 2	5,0	5,5	6,0	6,5	7,0	7,5
Little finger	Bottom x Tape 2	4,5	5,0	5,5	6,0	6,5	7,0

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