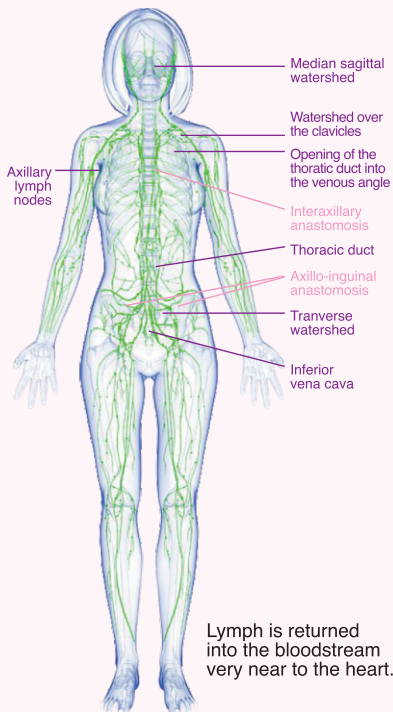


LYMPH NODES MANAGEMENT

FOR LEG & ARM



"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.

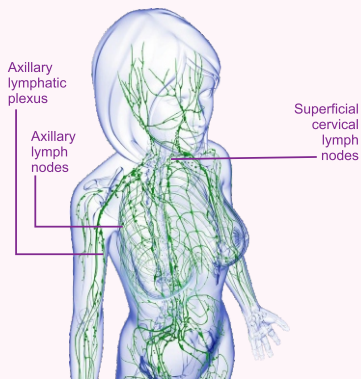
Lymphocytes are produced in the lymph nodes. These are a type of white blood cell and form part of the body's system of defence against disease.



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 Pre collectors 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 to carry away proteins and other substances that cannot be removed by absorption into the venous capillaries. Approximately 2 to 4 litres of lymph are carried into the bloodstream daily.



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SCAN FOR MORE DETAILS

LYMPH NODES MANAGEMENT FOR LEG & ARM

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. Complex 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 HLD therapy.

Treatment Sequence



A-Preparation of the supraclavicular ('terminus') stations

D-Mobilization manoeuvre of the forearm

G-Large post-mastectomy arm (lymphoedema)

B-Manoeuvre stimulating Mascagni's pathway

E-Recovery manoeuvre using the thumbs

H-Mobilization of the upper limb during the course of combined treatment with MLD

C-Recovery manoeuvre of the arm

F-Recovery manoeuvre of the forearm

H-Mobilization of the upper limb during the course of combined treatment with MLD



circaid® juxtafit® essentials arm



circaid® juxtafit

drainage in the compromised limb.

Measurement method - mediven® harmony

CCL 1* and 2 - Lymphoedema Patients



TABLE - 1

Size	I	II	III	IV	V	VI	VII
cG (cm)	25-28	28-30.5	30-33	32-35	33.5-36.5	36-39.5	38-41.5
cE (cm)	23-25	24.5-26.5	26-28.5	27.5-30	29-31.5	30.5-33.5	32.5-35.5
cC (cm)	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 (cm)	15-18	16-19	17-20	19-22	20-23	22-25	24-27

TABLE - 2 (Style)

Size	I	II	III	IV	V	VI	VII
Thumb	Bottom x 7.0	7.5	8.0	8.5	9.0	10.0	10.0
Index finger	Bottom x 5.0	5.5	6.0	6.5	7.0	7.5	8.0
Middle finger	Bottom x 6.5	7.0	7.5	8.0	8.5	9.5	9.5
Ring finger	Bottom x 6.0	6.5	7.0	7.5	8.0	9.0	9.0
Little finger	Bottom x 5.5	6.0	6.5	7.0	7.5	8.0	8.0

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

circaid® juxtafit® lower leg

size	S	M	M - X	L	L - X	XL	XL - X	XXL
cC (cm)	30 - 38	36 - 43	43 - 50	41 - 48	48 - 56	46 - 56	51 - 61	53 - 64
cB1 (cm)	20 - 28	25 - 33	33 - 40	30 - 38	38 - 46	36 - 46	41 - 51	43 - 53
cB (cm)	15 - 23	20 - 28	28 - 33	25 - 33	33 - 38	30 - 38	38 - 43	41 - 47

circaid® juxtafit® upper leg

size	XS	X	S	M	L	XL	actual girth length in cm	short	short	long
cG (cm)	40 - 52	46 - 62	54 - 70	62 - 80	69 - 90	77 - 101				
cE (cm)	32 - 42	37 - 48	42 - 55	50 - 65	58 - 76	66 - 87	D - G	35	45	55
cD (cm)	23 - 30	27 - 35	31 - 41	35 - 46	40 - 52	44 - 58	E - G	< 25	< 35	> 35

circaid® juxtafit® essentials arm

Size	I	II	III	IV	V	VI	VII
cG (cm)	25-28	28-30.5	30-33	32-35	33.5-36.5	36-39.5	38-41.5
cE (cm)	23-25	24.5-26.5	26-28.5	27.5-30	29-31.5	30.5-33.5	32.5-35.5
cC (cm)	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 (cm)	15-18	16-19	17-20	19-22	20-23	22-25	24-27

TABLE - 2 (Style)

Size	I	II	III	IV	V	VI	VII
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Middle finger	Bottom x 6.5	7.0	7.5	8.0	8.5	9.5	9.5
Ring finger	Bottom x 6.0	6.5	7.0	7.5	8.0	9.0	9.0
Little finger	Bottom x 5.5	6.0	6.5	7.0	7.5	8.0	8.0

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