

**PRELIMINARY EVALUATION OF A NEW, MORE SIMPLIFIED
PHYSIOTHERAPY TECHNIQUE FOR LYMPHATIC DRAINAGE**

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ABSTRACT

The aim of the present study was to evaluate a new, more simplified physiotherapy technique for management of peripheral lymphedema. Fifteen patients (11 female, 4 male) with ages varying from 22 to 63 years (average 54 years) were included in this study. All presented with stage I or II lower limb lymphedema confirmed by lymphoscintigraphy. Each patient underwent a newly designed modified manual lymph drainage technique regularly performed five times a week, one hour per session after one month. The new technique consisted of utilizing sticks, rollers or other cylindrical, flexible, and malleable material which served as a lymph promoting drainage device.

All patients demonstrated a highly significant uniform reduction in girth of the leg affected by lymphedema (circumference reduction 2 to 4 cm; average 2.4 cm). After treatment, repeat lymphoscintigraphy suggested a generalized improvement in the scintiscans compared with the initial patterns.

This new manual lymph drainage technique efficiently reduces peripheral lymphedema and is less cumbersome and time consuming than standard combined ("decongestive") physiotherapy methods.