

Lorna Kerbel, PT, CST, LLC

✓ June

### Case Study # 6

**RE:** BW

**DOB:** 02/07/50

**Referring Diagnosis:** Chronic Lymphedema of right Arm

**Vocational Status:** was a PCA-now on disability

**Evaluation Date:** 06/6/08

**Onset Date:** July 1989

**History:** BW was initially diagnosed with cancer in 1987. She had a mastectomy (20 nodes removed 4 positive) followed by 8 months of chemotherapy and 30 radiation treatments. Two years later she had blood drawn from the right arm and 5 days later she developed lymphedema. She was treated with a compression pump and fitted with a sleeve. She did not receive any other treatment. The arm remained quite swollen and would become painful by the end of the day from writing. She had treatment for skin cancer on the back of the right hand which caused increased swelling of her hand. She was sent to our clinic for treatment of the lymphedema. She came to the clinic with a sleeve that had a stronger compression [30-40] than the glove [20-30]. She takes no medication but does take a number of supplements. Vit D<sub>3</sub>, Calcium, B complex, acidophalus, fish oil

**Evaluation:** Bw's right arm measured 29 % larger than the left. There was limited range of motion of the both shoulders in flexion and abduction and limited external rotation of the right shoulder. There was limited extension of the thoracic spine, stiffness of the lower rib cage and pain taking deep breaths into the back. There was weakness of the left middle and upper trapezius. There are numerous surgical scars [R breast, abdomen and R hip]. All of the scars have restricted mobility and are interfering with lymphatic flow. The only reroute that is possible is across the back from the right to the left axilla.

**Treatment:** BW received wrapping for 10 days in addition to MLD, scar tissue release work and a HEP. She was taught to wrap herself and purchased bandaging supplies. She was very faithful about wrapping and exercising. Sleeves were finally approved by her insurance and she has worn sleeves with 20-30 mm hg since then. She has not done well with the combined sleeve and gauntlet. She has gained range of motion and function in both upper extremities and participates in Pilates rehab classes. She is currently considering ordering a Jovi sleeve for night use and has a new breast prosthesis that is ridged on the back to improve flow. Her therapy is ongoing because the lymph system is still compromised by her many scars and emotional tension often decreases her flow as well.

Arm has ✓ 50% 14.3% larger than (L)

chemo - AC

5FU

Methotrexate

surgery: '78 gall bladder '83 kidney stones removed  
4/87 hysterectomy 8/87 mastectomy  
? lipoma (R) thigh removed

Lorna Kenbel, PT, CST, LCCC

Lymphedema measurement chart

Name: B.W.

Affected ARM: Right Left

Limb Measurement

CM Mark	Initial Date	1st week Date	2nd week Date	3rd week Date	4th week Date	CM Mark	Initial Date	Final Date
1	0 18	18	17	17	17	1	0 15	225
2	4 20	20	20	19	19	2	4 15	225
3	8 24	23	22	21	21	3	8 18	328
4	12 27	25	26	26	26	4	12 21	441
5	16 29	28	28	28	28	5	16 23	529
6	20 29	29	29	28	28	6	20 23.5	552
7	24 29	28	27	27	27	7	24 24	576
8	28 31	30	29	29	29	8	28 26	676
9	32 32	32	30	30	30	9	32 29	841
10	36 33	33	31	32	32	10	36 32	1024
11	40 33	33	31	31	31	11	40 33	1089
12	44 33	33	33	33	33	12	44 33	1089
13	48 36					13	48 37	
14	52					14	52	
Total	0	0	0	0	0	0	Total	0
Milliliter	0	0	0	0	0	0	Milliliter	0
Difference	0	0	0	0	0	0	Difference	0

Sleeve 20-30 mmHg  
 Comp 30-40 mmHg  
 Gaussthat = thumb  
 Gauge - 18.21 mmHg

24 17  
 75 9 11 3.14

leaf  
 20 20

324  
 400  
 576  
 720  
 841  
 841  
 841  
 961  
 1024  
 1089  
 1089  
 1089  
 1296  
 11,091  
 3 1/4 1/2

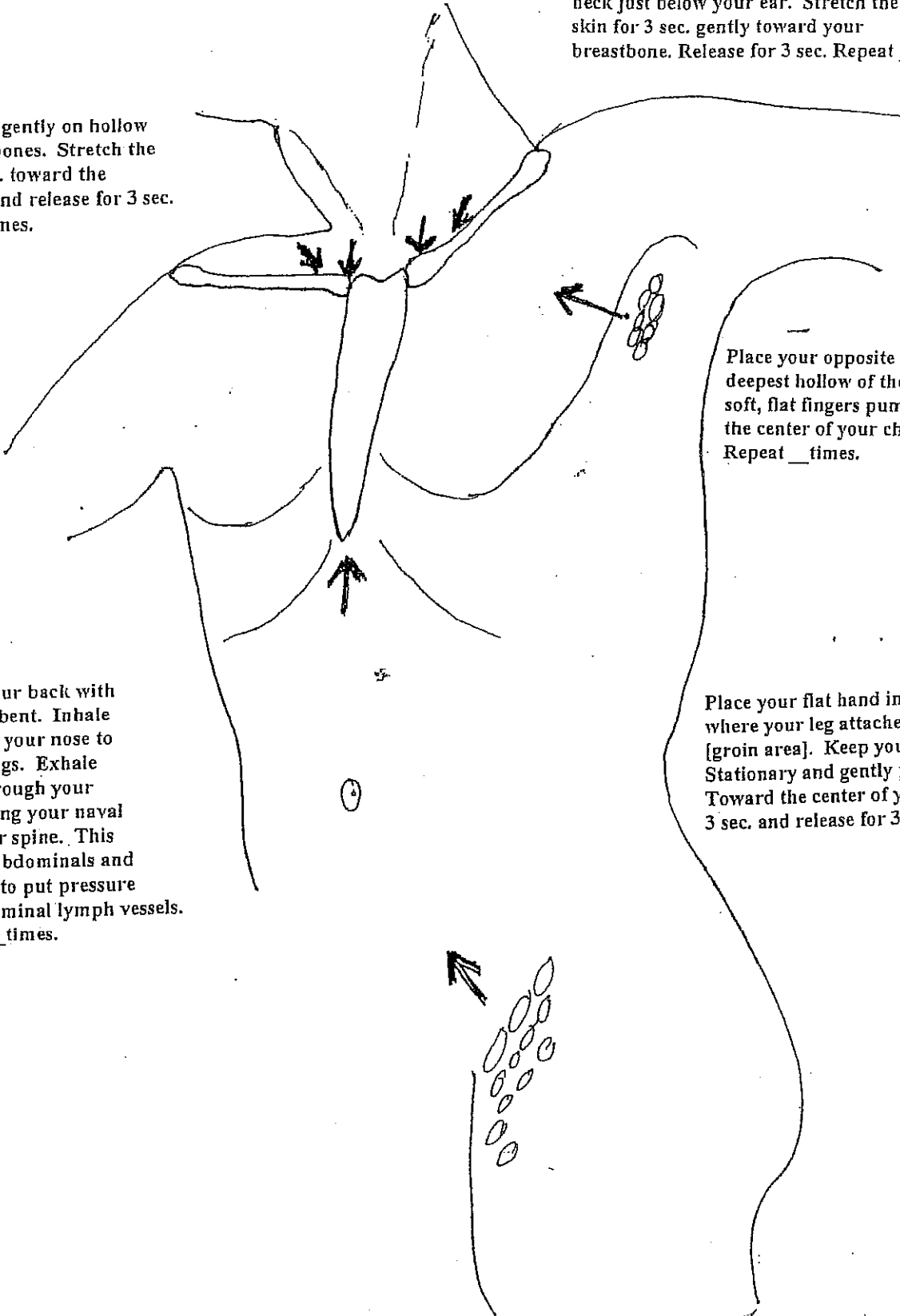
② 130° → 160°  
 110° → 125°  
 full

ROM  
 Flex Shoulder 125° → 145°  
 ABD Shoulder 100° → 120°  
 ER 40° → 70° (10/10)

# Self Lymph Drainage

Place flat fingertips gently on your neck just below your ear. Stretch the skin for 3 sec. gently toward your breastbone. Release for 3 sec. Repeat \_\_ times.

Place fingers gently on hollow above collarbones. Stretch the skin for 3 sec. toward the collarbones and release for 3 sec. Repeat \_\_ times.



Place your opposite hand gently in the deepest hollow of the armpit. Using soft, flat fingers pump for 3 sec. toward the center of your chest and release for 3 sec. Repeat \_\_ times.

Lying on your back with your knees bent. Inhale deeply thru your nose to fill your lungs. Exhale strongly through your mouth pulling your naval toward your spine. This causes the abdominals and diaphragm to put pressure on the abdominal lymph vessels. Repeat \_\_ times.

Place your flat hand in the crease where your leg attaches to the trunk [groin area]. Keep your hand stationary and gently pump up and toward the center of your body for 3 sec. and release for 3 sec. Repeat \_\_ times.

Developed by Cora Kerbel PT, CST, ULCC for patient instruction

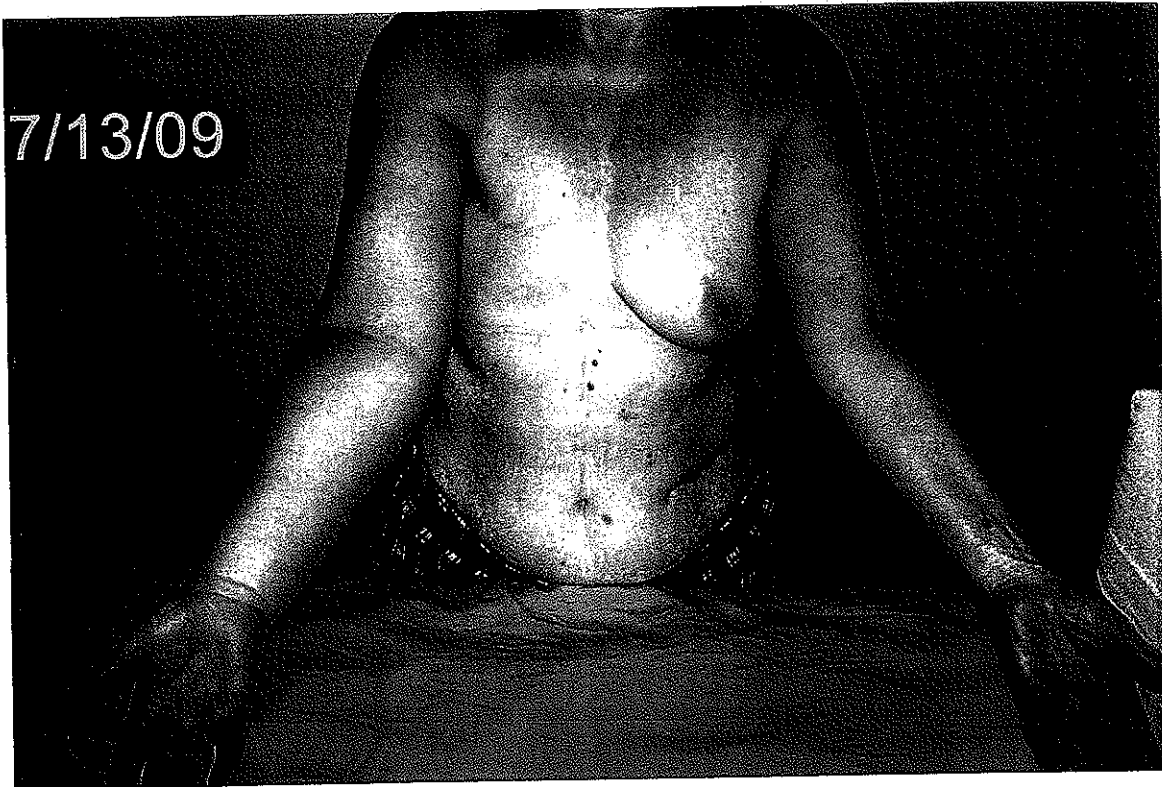
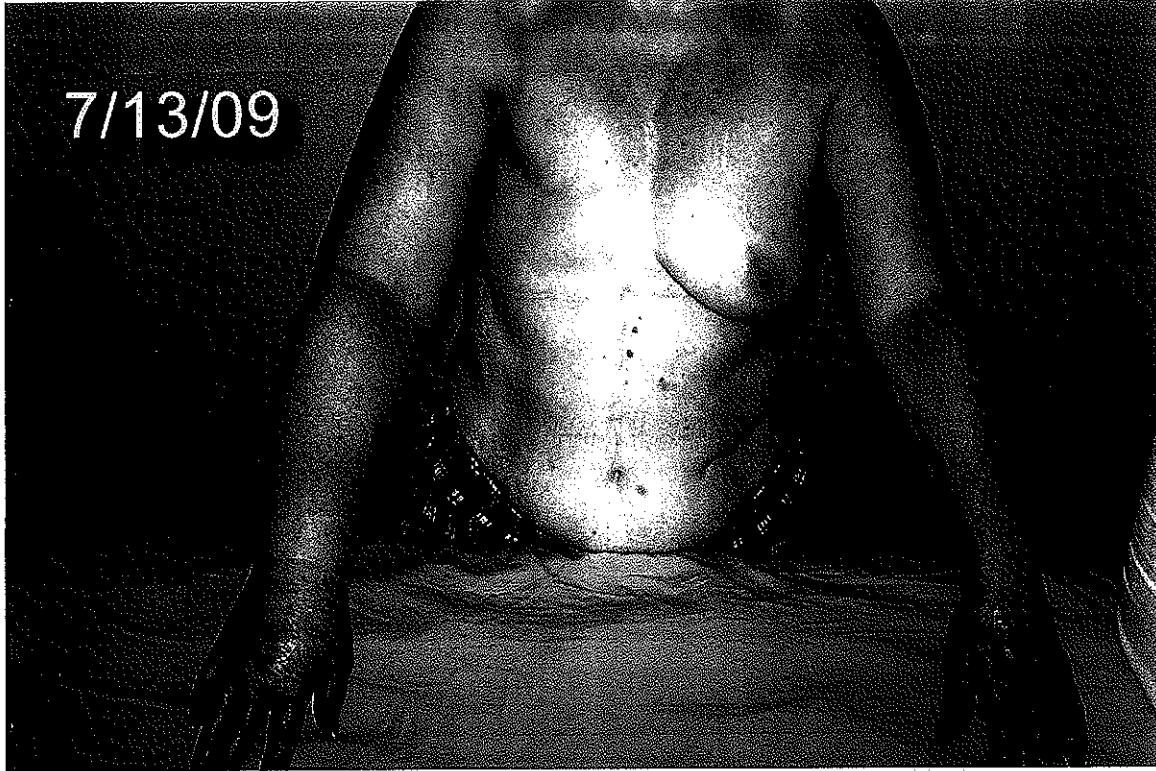


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BW



*Specializing in: Women's and Men's Health - General Orthopedics - Pilates based Rehabilitation*



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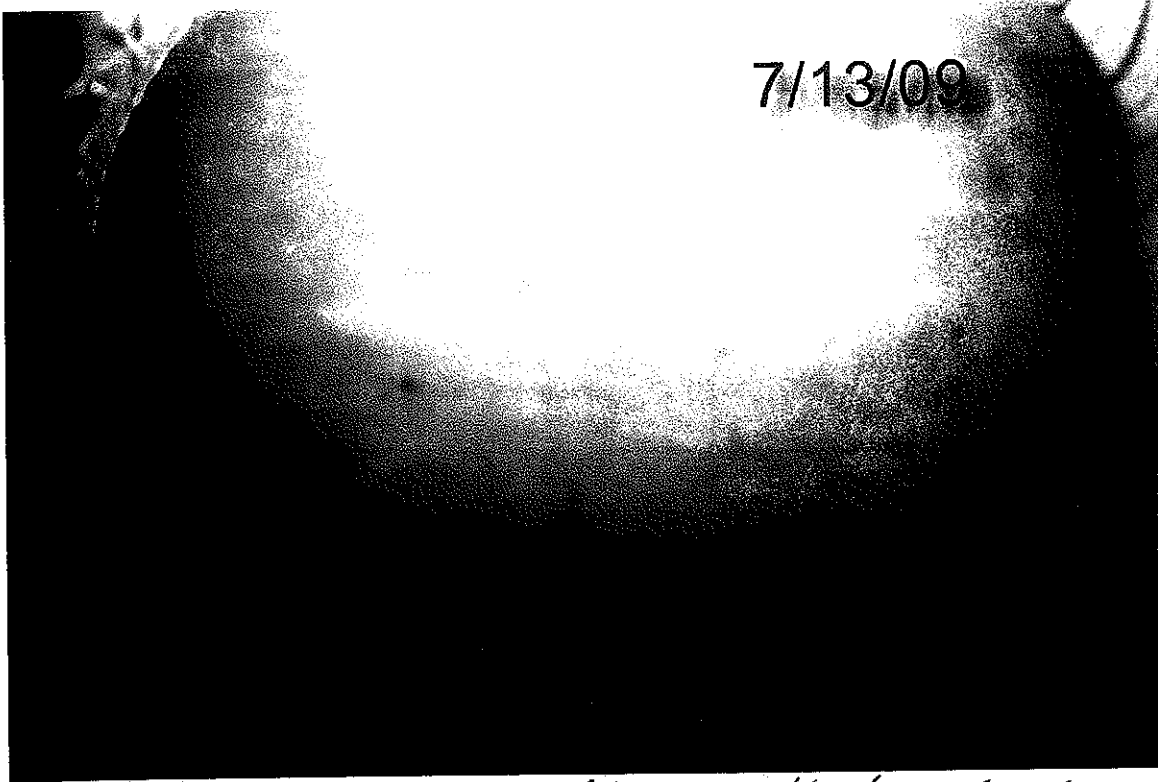
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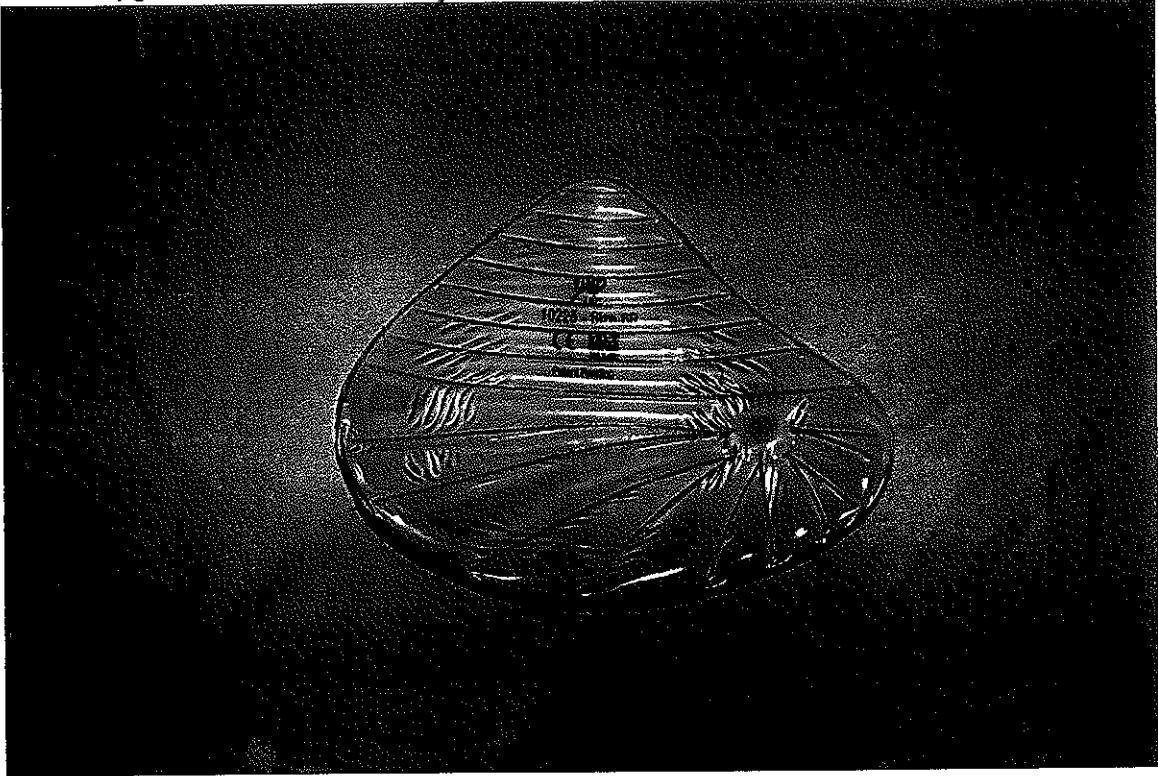
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BW - scar (R) hip - removed Lipoma



New breast prosthesis with lymph channels



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