

Lymphedema

WHITEFISH THERAPY & SPORT CENTER

SPEECH • PHYSICAL • OCCUPATIONAL • REHABILITATION • TRAINING



Steps you can take to reduce your risk of developing Lymphedema:

- ◆ Keep your skin and nails clean to avoid infection.
- ◆ Do not apply heat to affected area.
- ◆ Protect your at-risk limb from injury, including scratches and bruises.
- ◆ Avoid overexertion during the healing process.
- ◆ Do not wear tight clothing or jewelry.
- ◆ Do not have blood drawn, have blood pressure taken, or get infections in the affected limb.
- ◆ Avoid sunburn, and excess heat from saunas, tanning, and hot baths.
- ◆ Do not cut nail cuticles.
- ◆ Use insect repellent when outside.
- ◆ Rest the at-risk limb in an elevated position above the heart or shoulder.

Contact Whitefish Therapy & Sport Center to set up an appointment or a **FREE** consult.

www.whitefishtherapy.com

2006 Hospital Way, Whitefish MT

406.862.WFPT(9378)



**Amity Sparks,
DPT, CLT**

Amity earned her Doctorate Physical Therapy from Washington University in St. Louis, MO. She also holds a B.S. in Biology from Stephens College in Columbia, MO. She is also a Certified Lymphedema Specialist through the Norton School of Lymphatic Therapy and can provide you with the appropriate tools to reduce swelling and effectively manage your symptoms.

"I understand how important it is to get back to doing the things you love. Whether it is skiing in the backcountry or simply playing catch with your children, I am dedicated to helping you make that quick and safe return to participating in the activities that you enjoy."

Warning signs of Lymphedema

- ◆ Heavy, achy, tight or tingling feeling in limb.
- ◆ Decreased flexibility in limb.
- ◆ Shirt or pant sleeves that feel too small.
- ◆ Skin that "dents" with finger pressure.
- ◆ An infection in the at-risk limb.

**If you have experienced any of these symptoms, contact Amity today.
406.862.WFPT(9378)**

