

# Rehabilitation Services Department Occupational Therapy

## Lymphedema Management Program (Upper Extremity)

### LOCATIONS:

Center for Outpatient  
Rehabilitation – Hopewell  
Two Capital Way, Suite 418  
Pennington, NJ 08534

To make an appointment,  
call: 609.303.4700

Center for Outpatient  
Rehabilitation – Trenton  
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,  
call: 609.278.5482

Occupational therapy sessions often start with five times per week and generally decrease in frequency over six weeks. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: *Lymphedema & Breast Cancer*  
[www.breastcancer.org](http://www.breastcancer.org)

### DO YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS?

- ... Swelling in the arm, hand or fingers caused by impairment of the lymphatic system
- ... Heaviness of the arm and/or hand
- ... Tightness in the arm, hand and/or fingers

### THERAPY MAY HELP YOU TO:

- ... Decrease and maintain the size of your arm and hand
- ... Improve function, motion and coordination of the upper extremity
- ... Learn to manage the symptoms on your own
- ... Learn methods to enhance performance of daily activities at home, work and leisure

**OUR OCCUPATIONAL THERAPISTS (OTS) ARE TRAINED AND CERTIFIED IN LYMPHEDEMA MANAGEMENT. THEY WILL WORK WITH YOU TO DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY OFTEN INCLUDES:**

- ... Manual lymphatic drainage (a gentle massage-like technique) to decrease the size of your arm
- ... Therapeutic wrapping to help reduce lymphedema
- ... Personalized therapeutic exercise to increase and maintain active range of motion of the upper extremity
- ... Instruction in skin care and other precautions



**capitalhealth**