

Contents

Part 1 **Theory**

1 HISTORICAL BACKGROUND	3	4 PHYSIOPATHOLOGY	31
2 THE ANATOMY OF THE LYMPHATIC SYSTEM	5	4.1 Dynamic Insufficiency of the Lymphatic System	31
2.1 Lymphatic Vascular System	5	4.2 Mechanical Insufficiency of the Lymphatic System	31
2.2 Anatomical Characteristics	12	4.3 Mixed Insufficiency of the Lymphatic System	32
.1 Upper Limb	13	4.4 Lymphangiopathy with Sufficient Lymphatic Drainage	33
.2 Lower Limb	14		
2.3 Superficial Lymphatic Vascular System	14		
<i>Box 2.1 Lymphology: Definitions</i>	6	5 CLINICAL SYMPTOMS OF EDEMA	35
3 VASCULAR PHYSIOLOGY	19	5.1 Differential Diagnosis of Edema	35
3.1 Interstice	20	.1 Medical History	35
3.2 Permeability of Blood Capillaries	21	.2 Physical Examination	36
3.3 Processes of Transcapillary Exchange	22	.3 Palpation	37
.1 Arterial Blood Pressure and Peripheral Resistance	22	5.2 Lymphedema	39
.2 Blood Pressure from the Capillaries to the Heart	23	.1 Developmental Stages of Lymphedema	41
.3 Osmosis and Oncotic Pressure	23	Stages Ia and Ib of Lymphedema	41
.4 Starling's Equilibrium	23	Stages II and III of Lymphedema	42
.5 Disruption of Starling's Equilibrium	25	.2 Signs and Symptoms of Primary and Secondary Lymphedema	44
3.4 Formation and Transportation of Lymph	25	.3 Diagnosis of Lymphedema	46
.1 Formation of Lymph	26	Medical History	47
.2 Lymphangion Motor Activity	26	Physical Examination	47
3.5 Lymphatic Load	28	Palpation	47
3.6 Lymphatic Vascular System: Functions	29	Instrumental Examinations	47
<i>Box 3.1 Venous Pressure and Normal Edema</i>	23	.4 Types of Lymphedema	49
		Primary Lymphedema	49
		Cancer-Related Secondary Lymphedema	50
		Non-Oncological Secondary Lymphedema	53
		Postoperative or Post-Traumatic Acute Lymphedema	54

Post-Traumatic Chronic Lymphedema	55	5.4 Lipedema and Lipolymphedema	75
Lymphedema with Lymphatic Reflux.....	55	.1 Developmental Stages of Lipedema.	76
Pure Lymphedema or Lymphedema Associated with Other Pathologies	56	.2 Treatment of Lipedema	77
.5 Complications and Pain with Lymphedema	57	5.5 Idiopathic Cyclic Edema	77
Erysipelas or Infectious Dermohypodermitis	59	5.6 Myxedema.....	78
Malignant Lymphedema.....	60	5.7 Edema and Arteriopathy.....	78
After-Effects of Radiation Treatment	62		
5.3 Phlebedema and Phlebolymphedema .	65	<i>Box 5.1</i> The Body's Response to Lymphostasis	39
.1 Complications of Venous Insufficiency	70	<i>Box 5.2</i> Acute Lymphedema: A Specific Example of Stage Ib Lymphedema	57
.2 Clinical Stages (Widmer), Physiopathology (Földi), and Treatment.....	71	<i>Box 5.3</i> Manual Lymphatic Drainage and Cancer	63
		<i>Box 5.4</i> Lymphedema Treatments	64
		<i>Box 5.5</i> Venous System of the Lower Limbs: Anatomical Features	67
		<i>Box 5.6</i> Right-Sided Heart Failure	71
		<i>Box 5.7</i> Hepatopathy	71
		<i>Box 5.8</i> Considerations Regarding Venous Ulcers	74

Part 2 **Basic Techniques**

6 MANUAL LYMPHATIC DRAINAGE:			
OVERVIEW	85	.6 Drainage of the Colon	91
6.1 Basic Techniques	85	.7 Drainage of the Deep Abdominal Lymphatic Chains.....	91
.1 Circular Technique	86	Overall Technique	91
Instructions.....	86	Drainage of the Para-Aortic Lymphatic Chains	91
.2 Pumping Technique	86	Drainage of the Iliac Lymphatic Chains	91
Instructions.....	86	.8 Drainage of the Ischiatic Vessels	91
.3 Rotatory Technique	87	6.3 Conditions Calling for MLD	91
Instructions.....	88	6.4 Conditions Limiting the Physical Treatment of Edema	92
.4 Oblating Technique	88	6.5 Contraindications for MLD	92
Instructions.....	90		
6.2 Specific Techniques	90	<i>Box 6.1</i> Combined Technique	88
.1 Drainage of the Parasternal Nodes	90		
.2 Drainage of the Intercostal Vessels	90	7 PRACTICAL METHODS OF MANUAL LYMPHATIC DRAINAGE.....	95
.3 Drainage of the Popliteal Nodes	90	Cervical and Scapular Preparatory Technique	96
.4 Drainage of the Supratrochlear Nodes	90	7.1 Head and Neck	97
.5 Drainage of the Deep Lymph Collectors in the Adductor Canal.....	91	.1 MLD of the Head and Neck.....	98

.2 MLD of the Face and Cranium	100
.3 MLD of the Intraoral Region.	107
7.2 Thorax	110
.1 MLD of the Thorax.	111
.2 MLD of the Breast	115
7.3 Back	117
.1 MLD of the Back.	118
7.4 Upper Limb.	122
.1 MLD of the Upper Limb	124
.2 MLD of the Hand	131
7.5 Deep Abdominal Region	141
.1 MLD of the Colon.	142
.2 MLD of the Abdominal Lymphatic Chains.	145
Global Technique	146
Focused Techniques	147
7.6 Superficial Abdominal Region	149
.1 MLD of the Superficial Abdominal Region	150
7.7 Gluteal and Lumbar Regions	153
.1 MLD of the Lumbar and Gluteal Regions.	154
7.8 Anterior Surface of the Lower Limb	157
.1 MLD of the Anterior Surface of the Lower Limb.	158
7.9 Posterior Surface of the Lower Limb.	175
.1 MLD of the Posterior Surface of the Lower Limb.	176

Part 3 **Applied Techniques**

8 TWO-PHASE TREATMENT OF LYMPHEDEMA: APPLICATIONS OF MANUAL LYMPHATIC DRAINAGE	185
8.1 MLD for the Treatment of Lymphedema	187
8.2 Hemifacial Lymphedema.	190
.1 MLD toward the Homolateral Axillary Nodes.	191
.2 MLD toward the Contralateral SuprACLAVICULAR NODES	193
8.3 Facial Lymphedema	196
.1 MLD toward the Axillary Nodes	198
8.4 Lymphedema: Thorax, Breast and Upper Limb	199
.1 MLD of the Thoracic Quadrant toward the Contralateral Axillary Nodes.	201
Through the Anterior Vessels.	201
Through the Posterior Vessels	202
.2 MLD of the Thoracic Quadrant toward the Homolateral Inguinal Nodes	203
Through the Anterior Vessels.	203
Through the Posterior Vessels	205
.3 MLD of the Thoracic Quadrant toward the Homolateral SuprACLAVICULAR NODES	207
Through the Anterior Vessels.	207

Through the Posterior Vessels	207
.4 MLD of the Thoracic Quadrant toward the Parasternal Nodes.	208
.5 MLD of the Upper Limb toward the Homolateral SuprACLAVICULAR NODES	209
.6 MLD of Bilateral Lymphedema of the Thorax and of the Upper Limbs	210
8.5 Lymphedema: Abdomen, Genital Organs, Lower Limb	212
.1 MLD of the Abdominal Quadrant toward the Contralateral Inguinal Nodes	214
Through the Anterior Vessels.	214
Through the Posterior Vessels	216
.2 MLD of the Abdominal Quadrant toward the Homolateral Axillary Nodes	217
Through the Anterior Vessels.	217
Through the Posterior Vessels	219
.3 MLD of the Gluteal Region toward the Anorectal Vessels	221
.4 MLD of the Genital Organs.	222
MLD toward the Axillary Nodes	222
MLD toward the Anorectal Vessels	223
.5 MLD of the Lower Limb.	223

Anterior Surface: Drainage toward the Homolateral Axillary and Contralateral Inguinal Nodes.....	223	.6 MLD of Bilateral Lymphedema of the Lower Limbs.....	226
Posterior Surface: Drainage toward the Ischiatic Vessels and Homolateral Axillary and Contralateral Inguinal Nodes.....	224	<i>Box 8.1 Specific Massage Techniques for Tissue Fibrosis.....</i>	188
		<i>Box 8.2 Two-Phase Treatment for Lymphedema Applied to Chronic Venous Insufficiency.....</i>	228

Part 4 **Decongestive Physiotherapy**

9 ELASTIC COMPRESSION TREATMENT OF EDEMA.....	233	<i>Box 9.1 Recommendations and Contraindications for Elastic Compression Treatment</i>	235
9.1 Characteristics of Bandages	234	<i>Box 9.2 Self-Bandaging</i>	331
9.2 Compression Bandaging of the Upper Limb	239		
.1 Bandaging Prescribed in Cases of Edema Associated with Complex Regional Pain Syndrome	239	10 DECONGESTIVE AND MOBILITY EXERCISES.....	333
.2 Bandaging Prescribed in Cases of Post-Traumatic or Postsurgical Edema of the Hand and Forearm	263	10.1 Decongestive Exercises for the Upper Limb	334
.3 Bandaging Prescribed in Cases of Lymphedema of the Upper Limb	270	10.2 Mobility Exercises for the Upper Limb	336
9.3 Compression Bandaging of the Thorax.	296	10.3 Decongestive Exercises for the Lower Limb	339
.1 Bandaging Prescribed in Cases of Lymphedema of the Breast.....	296	10.4 Mobility Exercises for the Lower Limb	341
9.4 Compression Bandaging of the Lower Limb	304		
.1 Bandaging Prescribed in Cases of Distal Lymphedema of the Lower Limb.....	304	11 TWO-PHASE TREATMENT OF LYMPHEDEMA:	
.2 Bandaging Prescribed in Cases of Distal Complex Regional Pain Syndrome of the Lower Limb	320	MAINTENANCE PHASE.....	343
.3 Bandaging Prescribed in Cases of Lymphedema of the Lower Limb.	320	11.1 Elastic Compression Garment.....	344
		12 CAUSES FOR FAILURE OR SUCCESS OF TWO-PHASE TREATMENT OF LYMPHEDEMA	349
		12.1 Successful Results.....	350
		INDEX	355