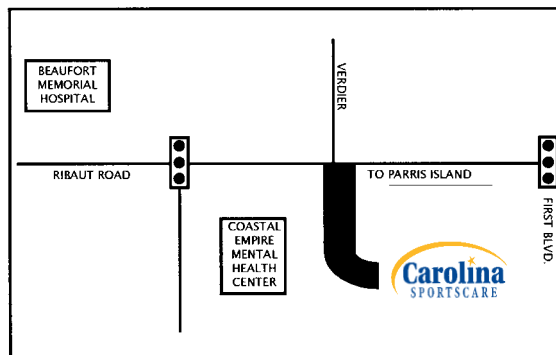


Carolina Sportscare . . .

offers new hope through the establishment of the Low Country's most comprehensive Lymphedema Treatment Center.

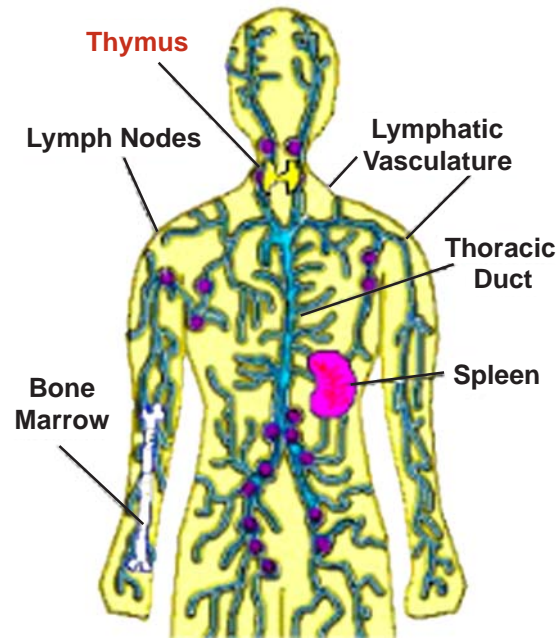
Staffed by a Vodder Institute Certified Manual Lymphatic Drainage Therapist, the center offers a program that effectively treats the special needs of those afflicted by this disorder. Carolina Sportscare's Lymphedema Management includes programs for prevention, treatment and maintenance of lymphedema.



Carolina Sportscare Beaufort Center

1076 Ribaut Road, Suite 102
Beaufort, SC 29902

(843) 521-1970 • Fax (843) 521-0908



Referral to the
**Lymphedema Management
Program** is easy.

A physician prescription is all that is needed to make an appointment.

If you have questions please call:

Kevin Green
Carolina Sportscare
(843) 521-1970



Lymphedema Management Program

The Low Country's
Most Comprehensive
Lymphedema Treatment
Program



Kevin Green MLDT-CDT, P.T.A., ARS
Carolina Sportscare
Vodder Certified
Manual Lymphatic
Drainage Therapist



Program Outline:

- 1) **Skin Care:**
Proper cleansing and rehydration of the skin maintains integrity and enhances elasticity.
- 2) **Manual Lymphatic Drainage:**
Patients receive Manual Lymphatic Drainage to remove excess fluid and protein.
- 3) **Bandaging:**
Aids in maintaining edema reduction achieved during treatment. Short stretch bandages, custom fit foam pieces and chip packs applied following treatment provide pressure to stimulate further drainage.
- 4) **Therapeutic Exercise:**
Stimulates the Lymph System by using muscle contractions as a pump for the lymph vessels. Exercises are performed in a therapeutic sequence to maximize drainage.
- 5) **Nutritional Guidelines Provided**
- 6) **Compression Garments:**
Benefits in decreasing edema;
Decreases Fibrotic Hardening;
Increases Independence;
Improves physical appearance;
Decreases infection rate.

Program Description:

Carolina Sportscare's Lymphedema Management Program is the most comprehensive treatment center of its kind in the Low Country, treating individuals who suffer from Primary or Secondary Lymphedema.

Lymphedema, a form of high protein edema, is the chronic swelling of a body part caused by malformation or malfunction of the lymphatic system. It most often affects the arm or leg but can also occur in the face, neck, abdomen and other parts of the body.

The conditions may result in:

- ◆ Infection
- ◆ Multiple Hospitalizations
- ◆ Open Wounds
- ◆ Impaired Ambulation
- ◆ Joint Immobility
- ◆ Cosmetic Deformity
- ◆ Vulnerability to Injury
- ◆ Fibrotic Hardening
- ◆ Difficulty With Daily Activities
- ◆ Pain/Discomfort
- ◆ Amputation
- ◆ Lymph-angiosarcoma (rare)
- ◆ General Depression

Program Services:

Using a combined decongestive therapy approach, **Carolina Sportscare** offers a team of highly trained professionals who provide total care to the lymphedema patient.

The program includes:

Prevention:

Through pre-surgical education and post-surgical home exercise packet.

Treatment:

Evaluation and measurements of the affected side; pictures before and after treatment; Manual Lymphatic Drainage; Bandaging; and Exercise.

Maintenance:

Wellness Program which offers:

- ◆ Quarterly Measurements
- ◆ Quarterly Newsletter
- ◆ Quarterly Support Group
- ◆ Access to Carolina Sportscare's
- ◆ Exercise facilities & Personal Training Program

Better Healing Through T.E.A.M. W.O.R.K.