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EFFICACY OF LIPOMASSAGE IN REDUCTION OF SECONDARY LYMPHEDEMA

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Thesis

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Master Degree in Physical Therapy

By

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Efficacy Of Lipomassage In Reduction Of Secondary Lymphedema/
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ABSTRACT

The aim of this study was to determine the Efficacy of lipomassage in reduction of secondary lymphedema in the upper limb. This study was conducted on forty female patients with secondary lymphedema post mastectomy who were assigned for the study, their ages were ranged from 30 to 50 years, all patients have signs of secondary lymphedema which is swelling of the affected limb and all the patients received compression bandage. Patients were divided into two groups. **Group A** twenty subjects included in this group and have been received LPG sessions two days per week with duration of twenty minutes for four weeks with compression bandage. **Group B** twenty subjects received compression bandage only for four weeks. Circumfrential measurements at metacarpalphalangeal joint, wrist joint, 10 cm distal and 15 cm proximal to the lateral epicondyle were taken before and after the study in all patients participated in the study. The results showed that the swelling accompanied with secondary lymphedema post mastectomy was significantly decreased at the four levels of measurements in group (A) more than group (B). Group (A) conferred additional benefits in terms of a significant improvement in reported arm range of movement and decrease of accompanied pain.

Key words: Lipomassage, secondary lymphedema, mastectomy, elastic bandage.

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