

Lymphedema Rehabilitation

To schedule appointments for lymphedema treatment to the hands, arms, abdomen, legs or feet at:

- Fresh Meadows, please call 855-37REHAB (73422)



At New York-Presbyterian Queens, we offer lymphedema rehabilitation using a complete decongestive treatment technique to decrease a patient's swelling.

Our certified lymphedema therapists have extensive training and work closely with the patient and doctor to develop an individualized treatment plan.

Signs and Symptoms

- Clothes and jewelry feel tighter
- Increase in size of a body part
- Recurrent infection
- Skin feels hard, tight or stretched
- Swelling not resolved by elevation or medication

Common Conditions Treated

- Breast cancer
- Congenital or hereditary conditions
- Fibrosis of the skin
- Mastectomy
- Surgeries

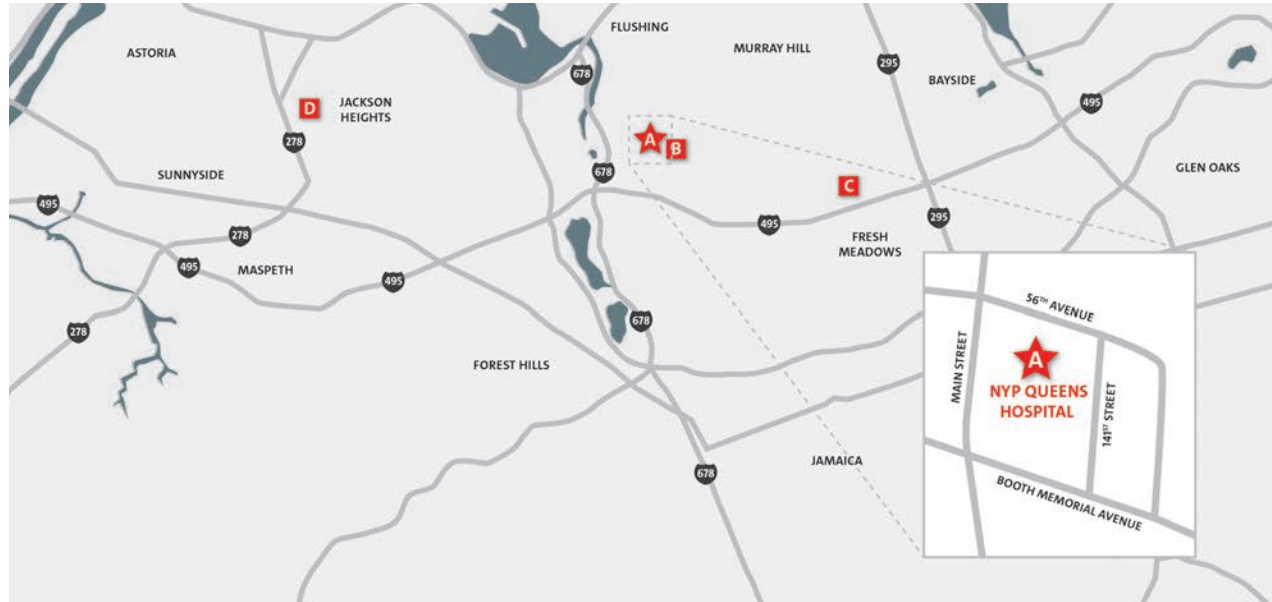
Lymphedema Rehabilitation Treatments

- Bandaging the affected area
- Manual Lymph Drainage (MLD) to allow improved lymphatic flow
- Remedial exercise to help pump lymph fluid
- Skin and nail care for infection prevention

Benefits

- Decrease risk of infection
- Improve cosmesis
- Improve mobility and strength
- Improve range of motion
- Reduce pain
- Reduce swelling of affected areas
- Maximize functional use of body
- Return to work or leisure activities

NewYork-Presbyterian Queens Rehabilitation Locations



A **NewYork-Presbyterian Queens Main Campus**
56-45 Main Street, Flushing, NY 11355

B **NewYork-Presbyterian Queens**
56-45 Main Street, 4 North, Flushing, NY
Please call 1-855-37REHAB (73422) to
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Speech Language Pathology
and Swallowing
- Hand Rehabilitation
- Sports Medicine Rehabilitation
- Adult Swallowing
- Pediatric Feeding and Swallowing
- Adult Speech and Language
- Fall Prevention

C **NewYork-Presbyterian Queens**
163-03 Horace Harding Expressway,
2nd Floor, Fresh Meadows, NY 11365
Please call 1-855-37REHAB (73422) to
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Hand Rehabilitation
- Lymphedema Rehabilitation
- Neurological Rehabilitation
- Sports Medicine Rehabilitation
- Vestibular Rehabilitation
- Fall Prevention

D **NewYork-Presbyterian Medical Group Queens**
72-06 Northern Boulevard, 2nd Floor,
Jackson Heights, NY 11372
Please call 1-844-REHAB01 (734-2201) to
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Hand Rehabilitation
- Sports Medicine Rehabilitation
- Fall Prevention