

OUR STORY

Indiana Physical Therapy, owned by three physical therapists, was established as an outpatient clinic in Bluffton, Indiana, in 1988. The owners recognized a need for high-quality outpatient rehab and expanded into the surrounding communities. Since then, IPT has grown to include more than twenty locations throughout Indiana, on-site athletic training, a sports performance program, and industrial site services. In addition to commitment to quality care, IPT is an active leader in the local communities. For over 30 years, IPT continues to remain privately owned, providing individualized care and maintaining the values upon which the company was founded.

We ♥ what we do
and it shows!



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS

INDIANA PHYSICAL THERAPY

LYMPHEDEMA



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

WHAT IS LYMPHEDEMA?

Lymphedema is the swelling of an arm, leg or other region of the body and occurs when lymph fluid is not drained properly and causes an abnormal accumulation.

Lymphedema develops when part of the lymphatic system has been removed, damaged, or never develops properly. As the swelling increases, the tissues thicken or harden which causes further damage to the lymphatic system and affected tissues.

If left untreated, lymphedema may result in recurrent infections, wounds, range of motion limitations, decreased function of involved limb and other health related problems.

TYPES OF LYMPHEDEMA

Primary lymphedema results from congenital abnormalities that appear immediately at birth or during puberty (lymphedema praecox) and is most commonly seen in girls. Some forms of primary lymphedema are hereditary and can affect multiple limbs.

Secondary Lymphedema results when there is an identifiable cause such as surgery, infection, trauma or lymph / venous insufficiency. It is most commonly caused by cancer related treatments such as surgical dissection and radiation therapy.

SIGNS AND SYMPTOMS:

It is important to see your physician or physical therapist if you notice any persistent swelling. Important signs and symptoms to note include:

- History of lymph node removal or dissection
- Sensation of fullness or heaviness in limb(s)
- Tautness or a tight feeling in skin
- Decreased flexibility in hand, wrist, or ankle
- Tight fitting clothing in one specific area
- Tight fitting rings or other jewelry

LYMPHEDEMA IN BREAST CANCER PATIENTS

There are over 2 million breast cancer survivors in the United States. Studies suggest that between 10% and 15% of survivors will develop lymphedema.

Surgery: Studies suggest that 15% of women undergoing the surgical removal of lymph nodes or the destruction of lymph nodes develop lymphedema.

Radiation Therapy: Damage or scarring to lymph nodes or lymph vessels may occur leading to lymphedema in approximately 30% of women.

Tumor Growth: A tumor may surround a lymphatic vessel and obstruct lymph flow.

TREATMENT:

Comprehensive Decongestive Therapy (CDT) is the most beneficial form of treatment to date, and designed to reduce the amount of swelling in the affected limb.

Our staff will tailor lymphedema treatments to meet the needs of each patient and may include: Manual Lymph Drainage (MLD), Compression Bandaging, Remedial Exercise, Skin and Nail Care, Instructions in Self-Care and Management

For additional information, you can contact any of our Certified Lymphedema Specialists:

Terra Williams, MPT, COMT, MLD/CDT
Marisa Salmeri, MS, OTR, CHT
Ruth Freeman, PTA

To schedule an appointment, contact our Central Scheduling Department at (260) 209-2464.



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NO REFERRAL NEEDED