Edema Management Program

Holland Hospital Rehabilitation Services offers a comprehensive program to manage Edema and Lymphedema.

Post-surgical Edema

Swelling that may occur after surgery can slow patients healing time and return to normal activities.

Primary and Secondary Lymphedema

- Primary Lymphedema is swelling due to malformation of lymph vessels at birth.
- Secondary Lymphedema is swelling from surgery, radiation, infection or trauma.

Wounds

Swelling from untreated wounds can prolong the healing process.

Chronic Venous Insufficiency

Swelling from the body's veins can inhibit the return of blood and fluid to the heart. Legs and the feet are most often affected.

Evaluation and Education

Successful treatment of Edema begins with individual evaluation and education. Therapists work closely with each patient to assess the severity of the problem, explore treatment options and establish a personalized rehabilitation plan.

Certified therapists provide education, specialized therapy, exercise instruction and care techniques to control the effects of Edema and help patients live healthier, more active lives.

Therapy Course

- Compression bandages to increase tissue pressure and prevent fluid build-up.
- Manual lymph drainage to redirect fluid and reduce swelling.
- Specific exercises to keep fluids moving in affected limbs.
- Skin care to maintain healthy tissue and prevent infection.

The typical course of therapy is covered by most health insurance plans. Participation in the Edema Management Program requires a physician's referral.

Edema Management Support Group

Group support provides an opportunity to speak with other patients and benefit from their experiences. Rehabilitation staff is available at meetings to answer questions and provide information about edema management. Occasionally, guest speakers are invited to discuss new developments in treatments.

Call Michelle Patch at (616) 355-3840 for support group schedule and locations.

Holland Hospital Rehabilitation Services

Send referrals to:

Northside
370 N. 120th Ave., Suite 10
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Phone: (616) 355-3840
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Fax: (616) 395-8791

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Phone: (616) 394-3655
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