

Lorna Kerbel, PT, CST, LLCC

Very Good

### Case Study # 5

**Client:** DG  
**Gender:** female  
**Occupation:** Teacher  
**Initial Evaluation:** 01/31/08  
**Referring Diagnosis:** Lymphedema L upper extremity  
**Date of Onset:** November 2007

**History:** She first noticed pain and swelling in her left arm after traveling in November, 2007. She had flown, held a baby a lot and carried suitcases. She went for massage for 3 weeks but the condition remained the same. She was diagnosed with cancer in August 2005 and had a mastectomy with lymph node removal on the left in September of 2005. She developed neuropathy after the chemotherapy. She has been seen for physical therapy for low back pain but would like to receive therapy for the low back pain and lymphedema at the same clinic. She takes Tamoxifen.

**Evaluation:** At the time of her evaluation D stood with her head forward and an increased lordosis in the lumbar spine. She had limited range of motion in the lumbar spine in flexion and extension. She had limited range of motion in flexion and abduction of the left shoulder. There was tenderness in the left arm above and below the elbow. Measurements of both arms showed that the left arm was 8 % larger than the right. There was still decreased joint sensation in the lower extremities that effected her balance. All ADL using the left upper extremity was difficult and the low back pain interfered with day to day function.

**Treatment:** For the lymphedema D received therapy that included MLD, rerouting the lymph pathways for the L UE to the right axilla and left inguinals, and wrapping the L UE followed by wearing a compression sleeve. She received 22 physical therapy treatments in the first 6 weeks. For the LBP she received manual therapies to release the fascial restrictions, was taught the Pilates 5 posture principals, modalities, and was given a HEP that has her performing daily stretching and strengthening exercises. She responded so well to the LDT that she was able to order a smaller sleeve.

D's therapy was decreased to once a week and then 2x/month. Unfortunately, she received a diagnosis of metastatic disease of her liver in August 2008. She has sought alternative treatment as well as continuing with therapy and her numbers have gone down to 0. She keeps a positive attitude and has stopped teaching for the present.

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Lymphedema measurement chart									
Name: <u>DG</u>									
Affected ARM <u>Right</u> <u>Left</u>									
Limb Measurement									
Initial	1st week	2nd week	3rd week	4th week	CM Mark	Initial	Final		
Date <u>3/16/09</u>	Date <u>4/17</u>	Date <u>8/1</u>	Date <u>10/22</u>	Date <u>4/27/09</u>		Date:	Date:		
1 0	14	14	13.5	14	1 0	14			
2 4	14	14	13	13.5	2 4	14			
3 8	16	16	15	15.5	3 8	16			
4 12	19.5	19	18	18.5	4 12	18.5			
5 16	22	20.5	20	20.5	5 16	20.5			
6 20	23	21.5	21	21.5	6 20	21.5			
7 24	23	21.5	21	21	7 24	21			
8 28	24	23	20	22	8 28	22			
9 32	24.5	23.5	22	23	9 32	23			
10 36	25	24	23	23	10 36	25			
11 40	26.5	25	23	24	11 40	26.5			
12 44	29	27	25	26	12 44	29			
13 48					13 48				
14 52					14 52				
Total	0	0	0	0	0 Total	0			
Milliliter	18940	0	0	0	0 Milliliter	17440			
Difference	8.67.0	0	0	0	0 Difference				

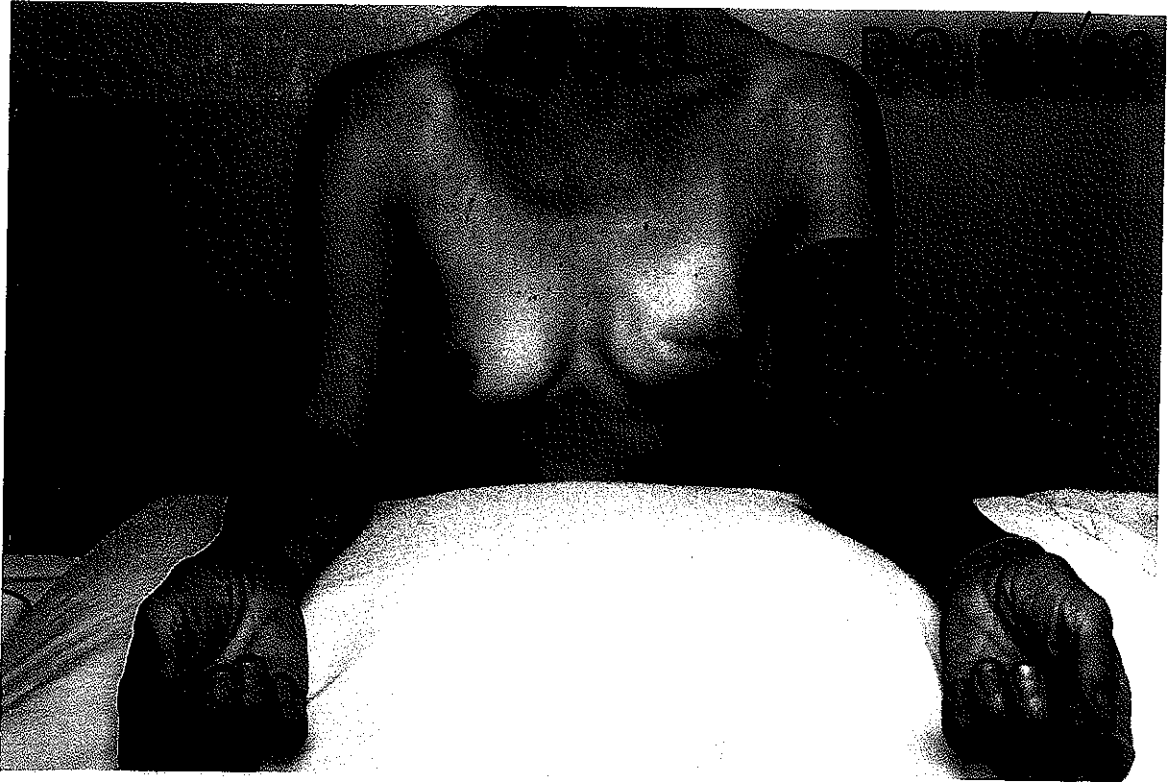
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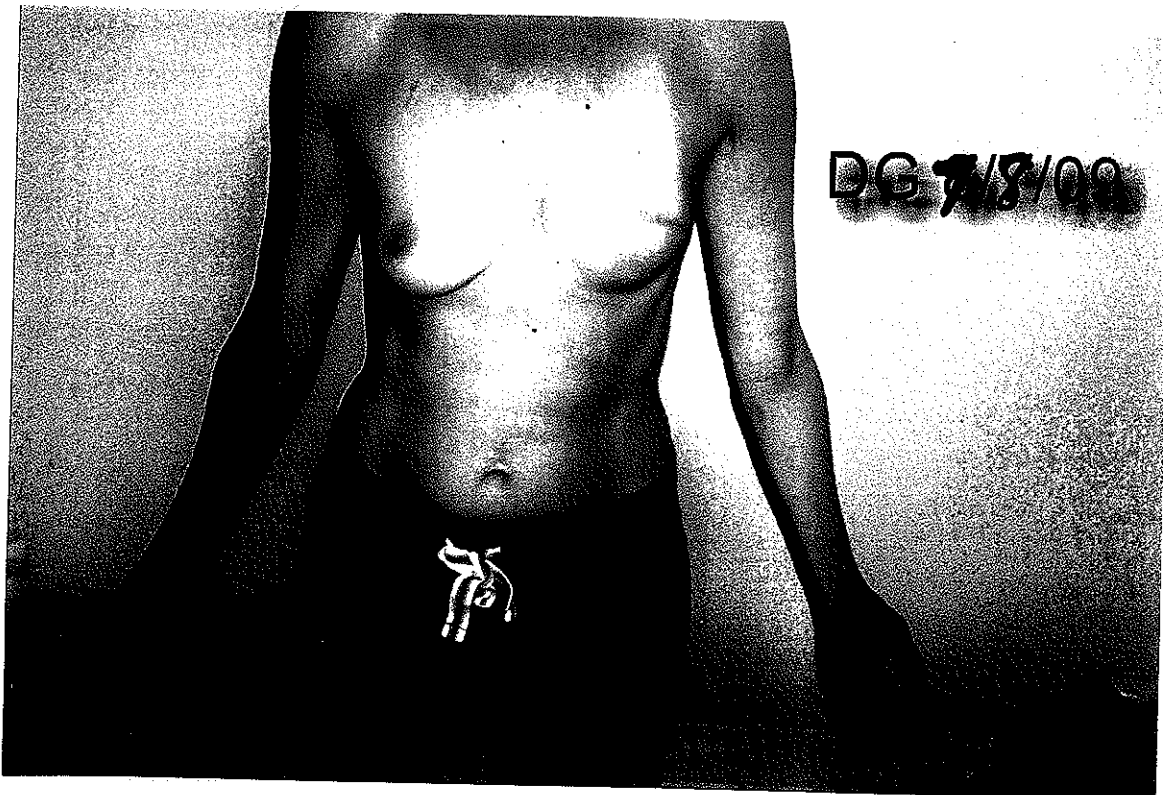
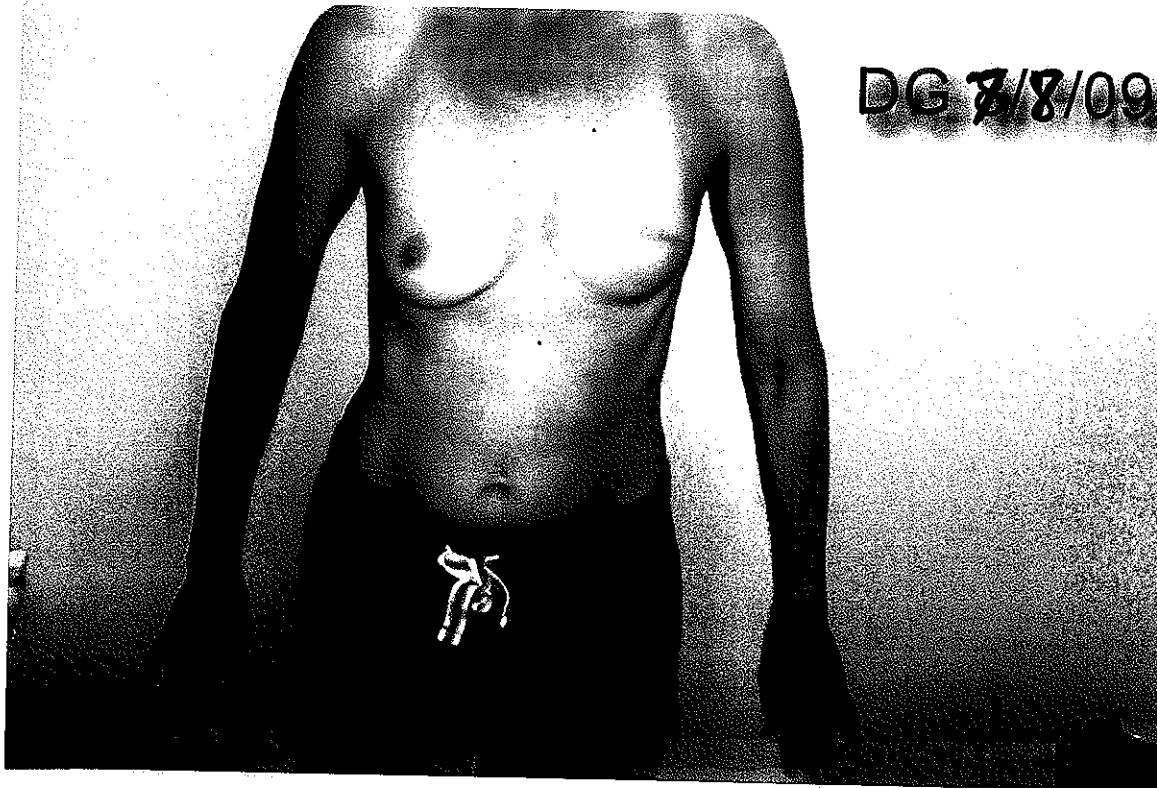
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