

Lymphotherapy

In lymphotherapy, manual lymphatic drainage (superficial massaging of the skin and subcutaneous tissues, which stimulates the flow of lymphatic fluid) is performed in combination with special therapeutic techniques, as well as compression therapy and skin care.

The lymphotherapy procedure involves taking a thorough medical history in order to determine the need for lymphotherapy, to prepare a plan, perform the therapy, assess the progress of the therapy, and provide counselling.

The patient is referred for lymphotherapy by a rehabilitation physician.