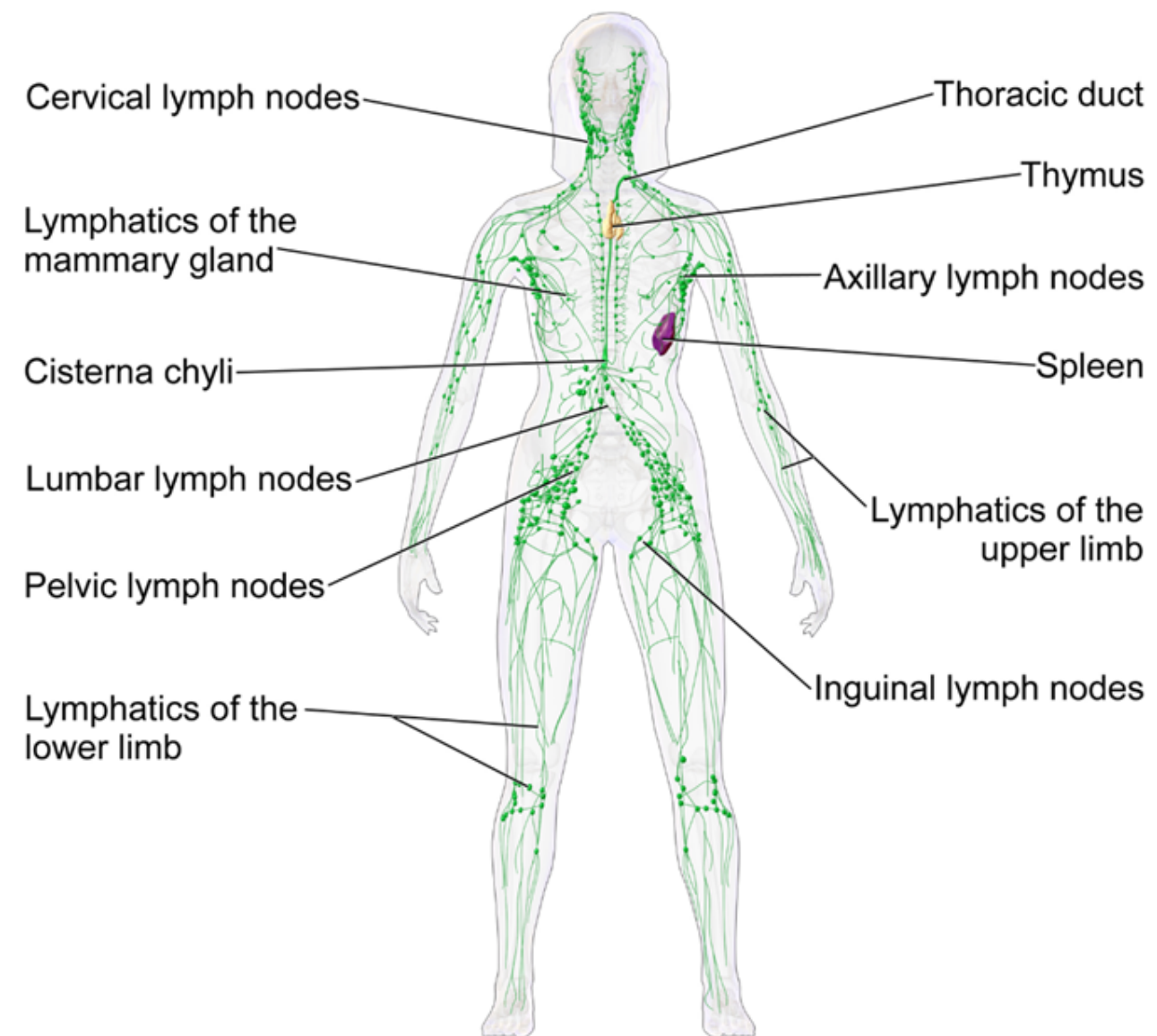


Perth Wellness Centre

# Managing the lymphatic system

PW



# The lymphatic system

## Function

Known as the “Sewerage System”, it’s responsibilities include:

- Transportation of “lymph” to remove waste products.
- Maintain fluid levels.
- Assists with functioning of the immune system.

## Structure

Lymphatic Vessels: Drains and absorbs fluid from body tissue and transports the fluid (now referred to as “lymph”) through the system.

Lymph Nodes: Filters that are found primarily in the neck, armpits, abdomen and groin. Heavily concentrated in white blood cells for removing pathogens.

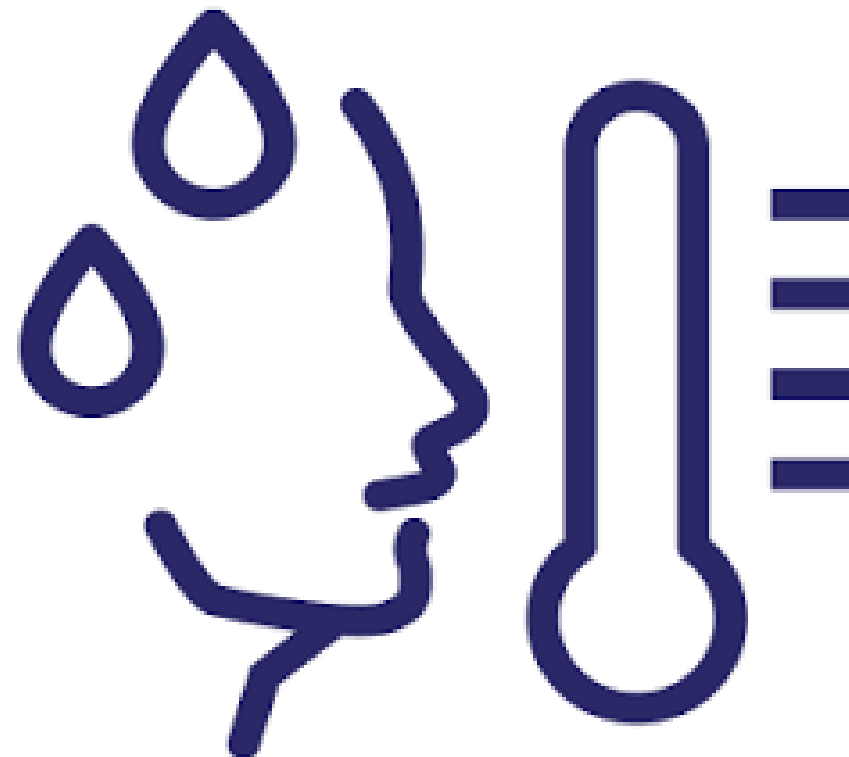
Lymphatic Ducts: Transports fluid from one section of the body to another.

## Conditions

- Inflammation - this can be due to any form of physical, emotional or chemical stress to the body.
- Infections
- Cancer removal procedures (i.e. mastectomies' and lymph node removals)
- Lipedema - chronic disorder to fat metabolism which increases the accumulation of fat.
- Lymphedema - excess accumulation of fluid

## Symptoms

- Swelling
- Stiffness
- Mental fatigue - brain fog, depression
- Bloating and increase to weight
- Changes to diet intolerances, digestive issues and constipation.
- Immunity weakness and allergies
- Swollen lymph nodes
- Hormonal imbalances
- Physical fatigue



# Conditions and Symptoms

# Why Treat The Lymphatic System:



## **Reduce swelling and the accumulation of lymph**

The previous conditions directly impact the lymphatic system by causing an excess accumulation of fluid and can impact movement in day to day life.

## **Autoimmune disorders**

Lymphatic drainage treatment has been shown to improve the following symptoms in patients with chronic autoimmune disorders:

- Pain and stiffness
- Fatigue, depression and anxiety
- Insomnia ad brain fog
- Headaches and sinus infections

## **Post Surgical Recovery**

Swelling and inflammation are expected following any type of surgical procedure. Treating the lymphatic system can assist with reducing pressure on the affected sites and facilitate a speedy recovery.

## **Skin Disorders**

Treatment is known to improve symptoms of people with acne, psoriasis, eczema, cellulite and spider veins, by encouraging the production of collagen.

## **Gastrointestinal Purposes**

Disruptions to the lymphatic system can slow down your metabolism. By improving the functioning of our parasympathetic nervous system through lymphatic drainage, treatment can assist with constipation and weight loss issues.

# What you can do at home?

## Exercise

- Keeping your body moving is essential to increasing lymph flow. The more stagnant you are, the less drainage you will experience
- Self pump exercises - you will be given specific pumping exercises suitable to your condition which can assist



## Diet

- Hydration - it is important to stay hydrated to facilitate drainage and circulation.
- Natural anti-inflammatories - green leafy vegetables, fatty fish and nuts.
- Anti-oxidants - vegetables, seafood and vegetable oils.
- Avoid sugar and alcohol - natural inflammatory products that can hinder your recovery



# Occupational Therapy

## Manual Lymphatic Drainage

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MLD is a technique to facilitate lymphatic drainage from the body and can be done so through hands on treatment or through other means such as taping.

70% of the vessels are in the outermost layer of the skin, requiring pressure for MLD to be very soft. This allows for a more controlled method of transporting lymph.

It may take 6-8 weeks for the lymphatic system to be running efficiently again, MLD focuses more on improving the capabilities of the system and less on “pushing out the swelling”.

Your occupational therapist will also recommend motions or actions that can assist with self-drainage, to assist the hands-on treatment and manage your symptoms.

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# Physiotherapy

## Exercise and Movement

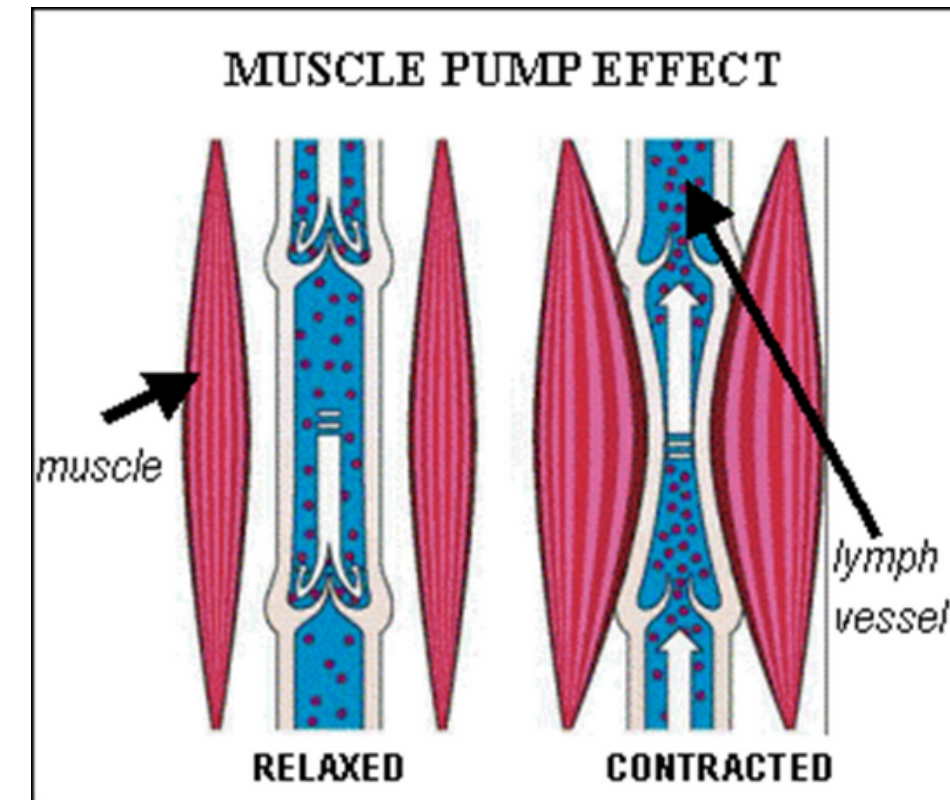
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Unlike your vascular system where your heart can act as a pump for transporting blood throughout your body, your lymphatic system does not have this assistance.

Instead, it relies heavily on muscle movement and increased blood pressure to maintain its functional capacity.

It is recommended that you maintain exercise where possible, to increase blood flow and keep your muscles activated. A minimum of 20minutes per day of exercise will not only assist with this functioning but is also recommended to improve muscular and cardiovascular health.

Our Physiotherapists can assist with increasing blood flow and movement through appropriate exercises to assist with lymphatic drainage.



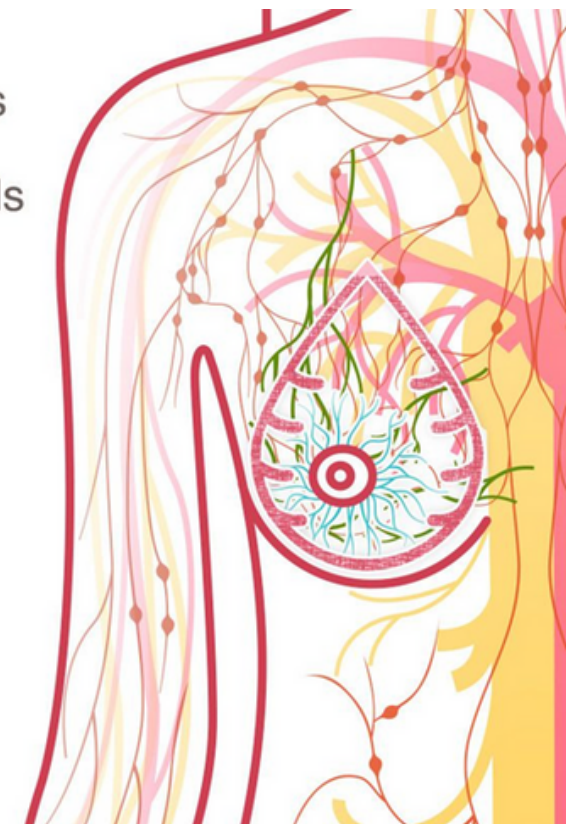
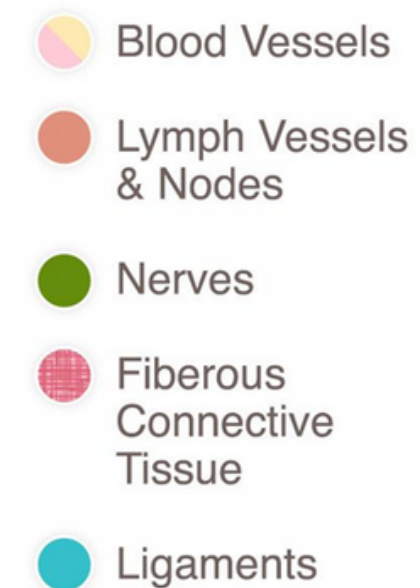
# Chiropractic

## Adjustments

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How does chiropractic care assist the lymphatic system:

- Cellular level changes - adjustments are known to increase the movement of fluid in our body by improving the rate of collection, release and circulation of lymph.
- Postural imbalances - poor posture, stress and ergonomics can cause curvatures to the spine and strain the internal systems of our body.
- Support for a healthy immune system.
- Proper functioning and movement of our muscles and joints - our body is controlled by our nervous system. Chiropractic adjustments aim to directly improve the way our nervous system is functioning.





Name: \_\_\_\_\_ Date: \_\_\_\_\_

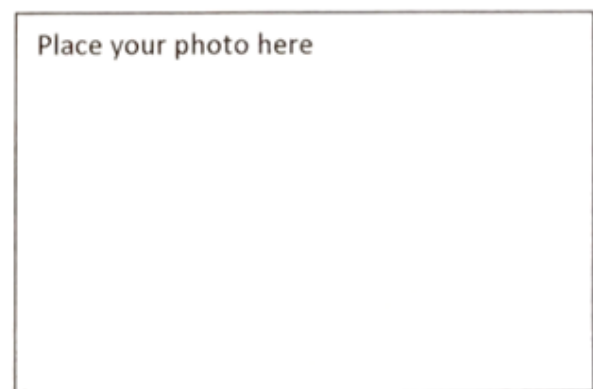
My Wellness Goals:

Physical:	Prime Question:	We Offer:	Tick:	Your Plan:
	Does your Spine and/or other joints move correctly?	X-rays/ MRI	<input type="checkbox"/>	
		CT	<input type="checkbox"/>	
		Chiropractic	<input type="checkbox"/>	
		Physiotherapy	<input type="checkbox"/>	
		OT / Soft Tissue Therapy	<input type="checkbox"/>	
		Acupuncture	<input type="checkbox"/>	
		Cupping	<input type="checkbox"/>	
		Workplace Ergonomics	<input type="checkbox"/>	
		Personal Training	<input type="checkbox"/>	
		Exercises	<input type="checkbox"/>	
Chemical:				
	Any deficiencies or toxins?	GP	<input type="checkbox"/>	
		Blood test	<input type="checkbox"/>	
		Biometric Screening	<input type="checkbox"/>	
		DEXA (Body Fat)	<input type="checkbox"/>	
		MRI/ CT Coronary	<input type="checkbox"/>	
		Colonoscopy/ Endoscopy	<input type="checkbox"/>	
		Nutritionist	<input type="checkbox"/>	
		Sugar Control/Water Diet	<input type="checkbox"/>	
Emotional:				
	Are you mentally strong?	GP Referral	<input type="checkbox"/>	
		Psychologist	<input type="checkbox"/>	
		Neurofeedback	<input type="checkbox"/>	
		NET (Chiro)	<input type="checkbox"/>	
		Relaxation techniques	<input type="checkbox"/>	
		Hypnotherapy	<input type="checkbox"/>	

You cannot make yourself live longer but by poor choices you can make yourself live shorter with a poor quality of life.

1. What is your first health goal?  
 \_\_\_\_\_
2. What is your optimal age? (Clarity)  
 \_\_\_\_\_

Note: Most common nutritional deficiencies are; Vitamin D3 and Omega 3



## Plan Recommendations for Manual Lymphatic Drainage

Your recommended 12 session plan:

- 3 sessions per week for 4 weeks
- 2 Sessions per week for 6 weeks
- 1 session per week for 12 weeks

Reviews to be completed at the end of each plan - posture photo, biometric analysis and other relevant tests.