

CASE STUDIES- CDT



# **COMBINED DECONGESTIVE THERAPY FOR LYMPH SWELLING**

**JULY 2019**

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At Total Therapy Solutions NZ we treat a wide range of client, varying age groups with many different ailments. We use the following therapies - Manual Lymph Drainage (MLD), Combined Decongestive Therapy (CDT), h Myofascial Release (MFR) and Reflexology in combination with Mobiderm products we have had some amazing results.

## **GOALS**

Decrease inflammation and reduce the size of any swelling due to fluid retention.

Also enable our clients to apply self-treatment at home with products that have been modelled to deal with their unique issue.

## **Specifications**

We have utilized the Mobiderm pads and strips in two sizes, normally in compression therapy but then I have further developed Mobiderm pillows for conditions like 'Lipoma'

## **Client Outlook**

Most of my clients have never had any choice but to put up with their conditions and had given up hope of finding a solution to ease the pain or swelling. It was a pleasure to be able to offer a range of therapies and products that can ease symptoms for them.

## **LYMPHATIC SWELLING**

?

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## USING PRODUCTS

### CASE ONE



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## CASE TWO



Judy - 06/18

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## CASE THREE



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## CASE FOUR



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**CLIENT: Junior F - Age52**

## **PRESENT**

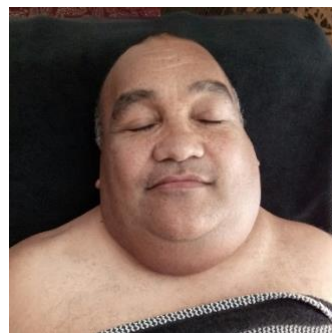
Swelling around the left side of the face, as a result of Nasopharyngeal Carcinoma (cancerous growth), Regular headaches and pressure on the skull

## **TREATMENT**

He had regular treatments of MLD, CDT, Reflexology, Ktaping and using a Mobiderm sheets in a compression cap. He used it while at home between sessions. The combination of treatments helped to release lots of fascia and then the lymph drained so much better from the area and away from his face and scalp allowing him to see better in his left eye and feel less pressure behind his nose and ear area.

## **RESULT**

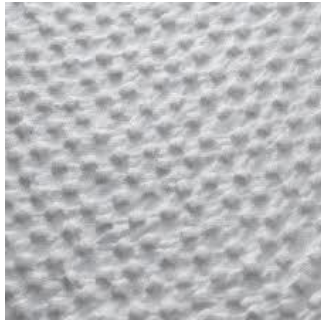
The headaches decreased while wearing and after sessions. Feeling less tight, less heat to the side of his face. He could see more from his left eye and less ear infections. Sadly, Junior lost his fight with cancer earlier in this year (2018).



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## PRODUCTS USED – MEDVECT MOBDERM



**MOBIDERM auto fit**  
Short

TREATMENT OF LYMPHOEDEMA

Waist	Hip	Thigh	Calf	Ankle
67-72 cm	87-92 cm	48-57 cm	24-35 cm	16-24 cm
72-77 cm	92-97 cm	57-66 cm	35-46 cm	24-32 cm
77-82 cm	97-102 cm	66-75 cm	46-57 cm	32-40 cm
82-87 cm	102-107 cm	75-84 cm	57-68 cm	40-48 cm

THUASNE

**MOBIDERM auto fit**  
High

TREATMENT OF LYMPHOEDEMA

Waist	Hip	Thigh	Calf	Ankle
67-72 cm	87-92 cm	48-57 cm	24-35 cm	16-24 cm
72-77 cm	92-97 cm	57-66 cm	35-46 cm	24-32 cm
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