

# Reduction of lymphoedema in paralysed arm using Mobiderm® bandaging and garment

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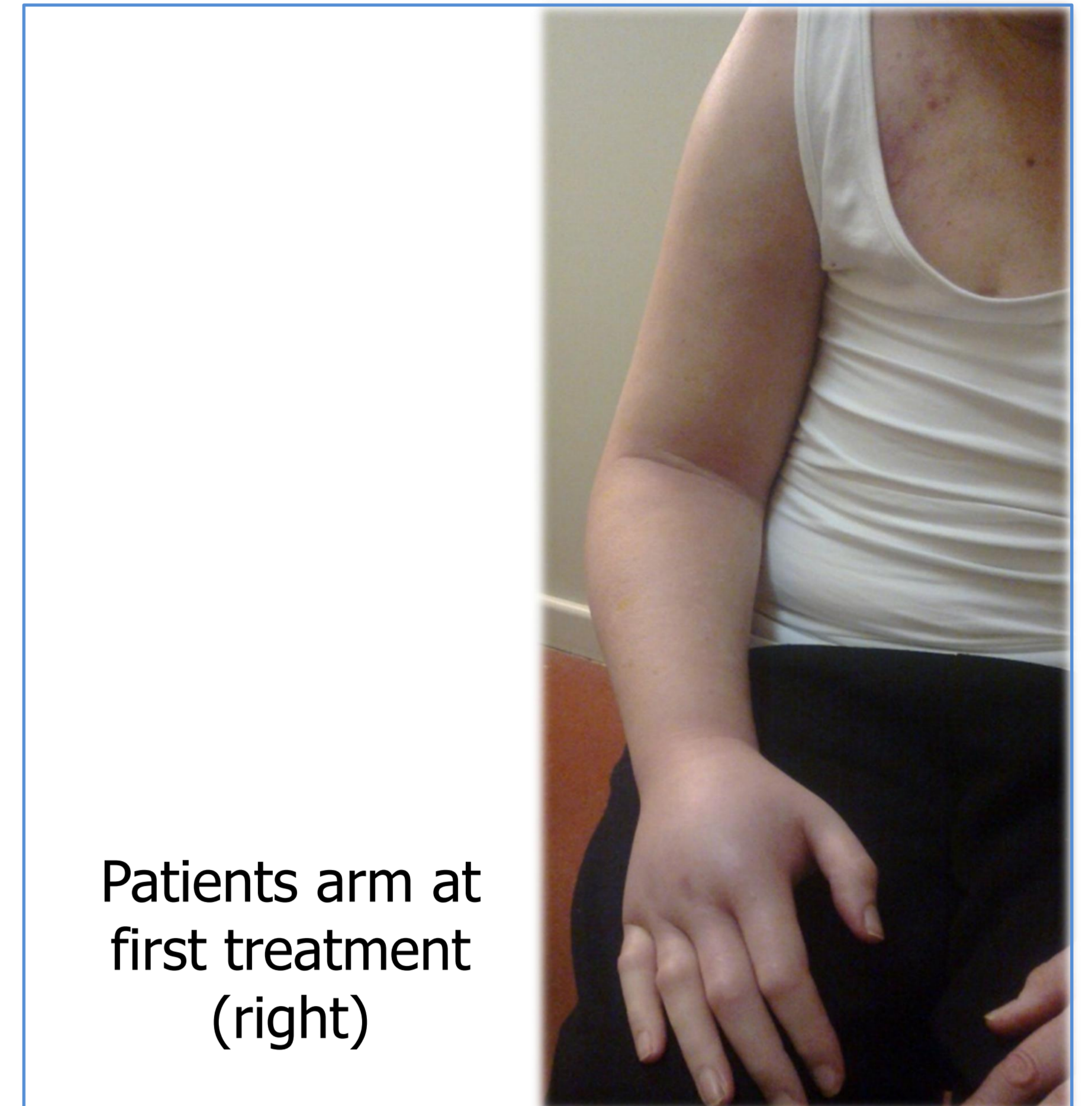
## Case presentation

58 year old female with metastatic breast cancer.

Palliative patient presented with multiple conditions due to treatment for breast cancer. and radiotherapy/hospital error:

- right hand/arm with lymphoedema,
- paralysed affected right arm,
- sensory nerve damage of right arm,
- right shoulder dislocation.

Patients main concern on presentation was the puffiness of her right hand and the pain in her dislocated shoulder exacerbated by the weight of her arm.



## Treatment and Results



Week 1 (above & below)



Week 9 (above & below)



Manual lymphatic drainage (Dr Vodder technique), Mobiderm® bandaging and garment, hand bandaging and lymph taping.

### Initial

1x treatment per day for 4 days with Mobiderm® bandaging daytime only. MLD and lymph taping. Gauze bandage on hand followed by compression glove.

### Phase 1

2 x weekly treatments for 2 weeks – MLD, lymph tape, Mobiderm® bandage with nurses. No Biflex- medium stretch bandage used. Bandaged only in the daytime. Exercising of arm and fingers.

### Phase 2

1 x weekly treatment for 6 weeks plus palliative care nurse. New shoulder brace and Mobiderm® sleeve.

## Result

Reduction in volume of the affected right arm of 2087.05 ml over 9 weeks.

- Less discomfort and pain in dislocated shoulder.
- Skin softened preventing skin breakdown.
- Able to self manage her lymphoedema.

## Conclusion

1. Mobiderm® bandaging and garments aid in reduction of lymphoedema and are especially adaptable to patients requiring complex or palliative care.
2. Ease of bandaging enabled district nurses and family to become involved in treatment.
3. The introduction of Mobiderm® sleeve resulted in comfort and self management of condition.

Graph: arm circumference over weeks 1 – 9 of treatment

