



Improving Edema and Functionality using a new adjustable compression wrap

**Suzie Ehmann DPT CWS CLT-LANA
Clinical Specialist Edema Management Center
Carolinas Healthcare System – Stanly
Albemarle, NC USA**

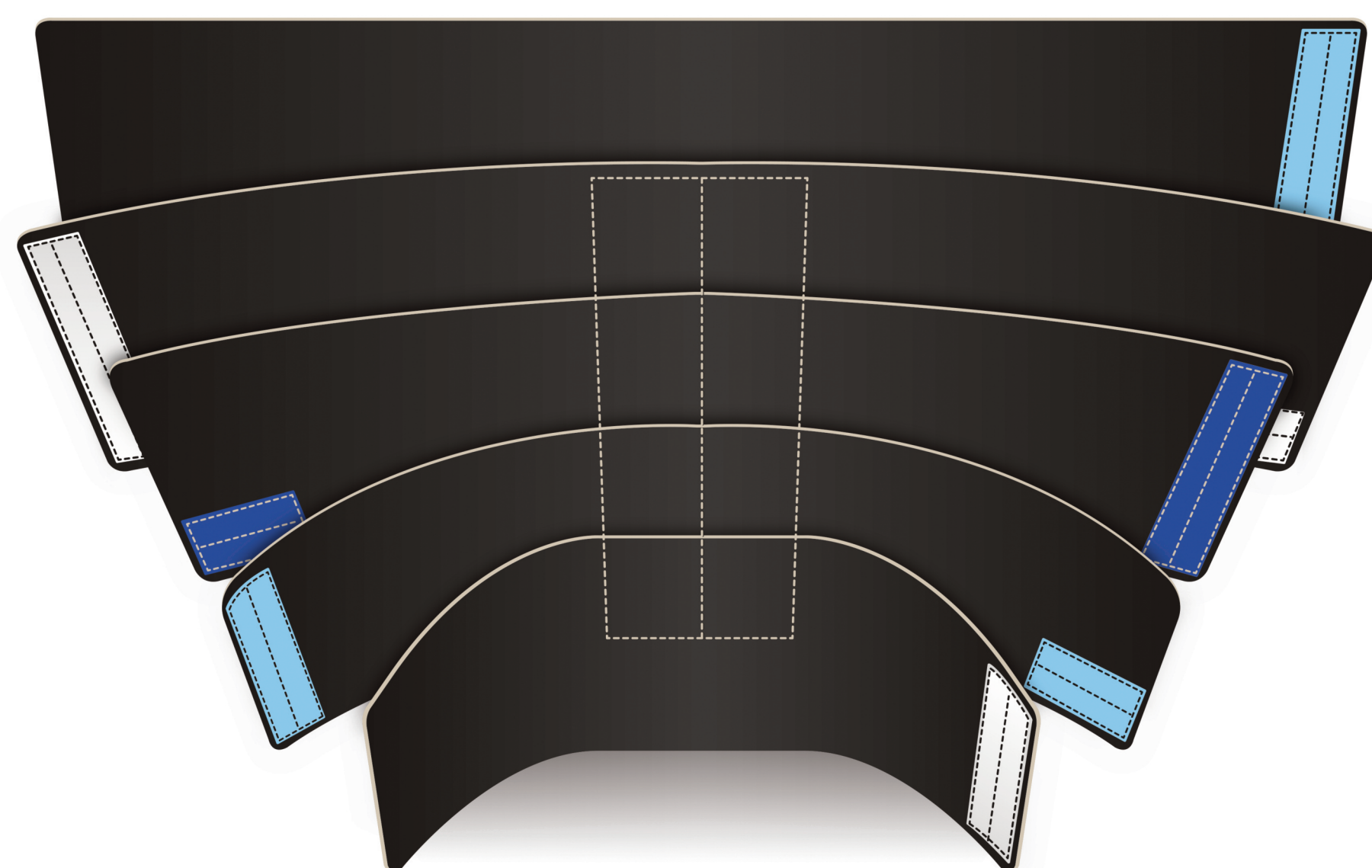
Aim

- Review of patient referred for physical therapy for lower extremity (LE) swelling and gait dysfunction with a history of recent falls
- Functional mobility status precluded the use of traditional multi-layer lymphedema bandage systems as it would have further impaired her mobility due the bulky nature
- Clinical evaluation of the use of VELCRO® adjustable compression wrap* for the management of her LE swelling



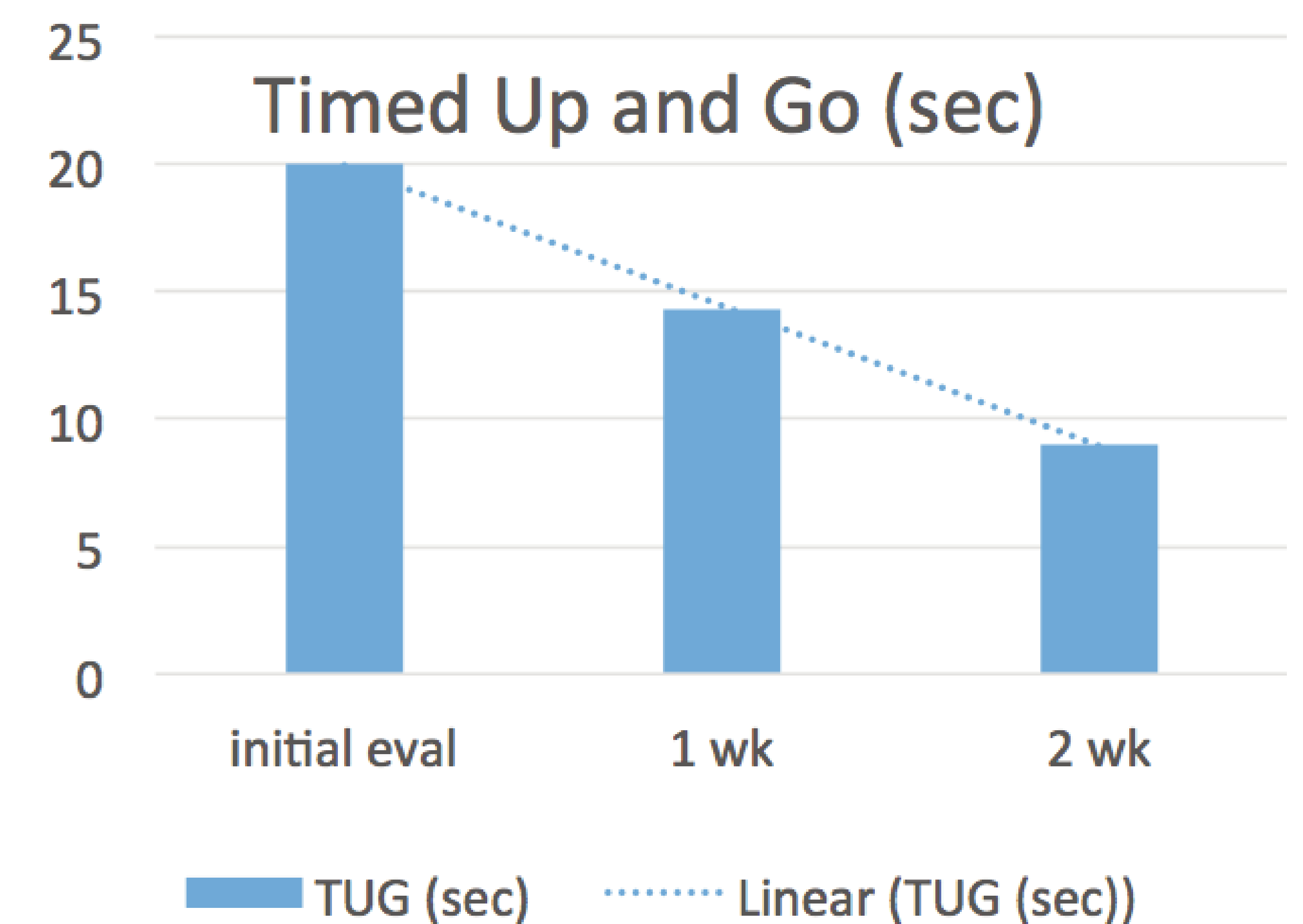
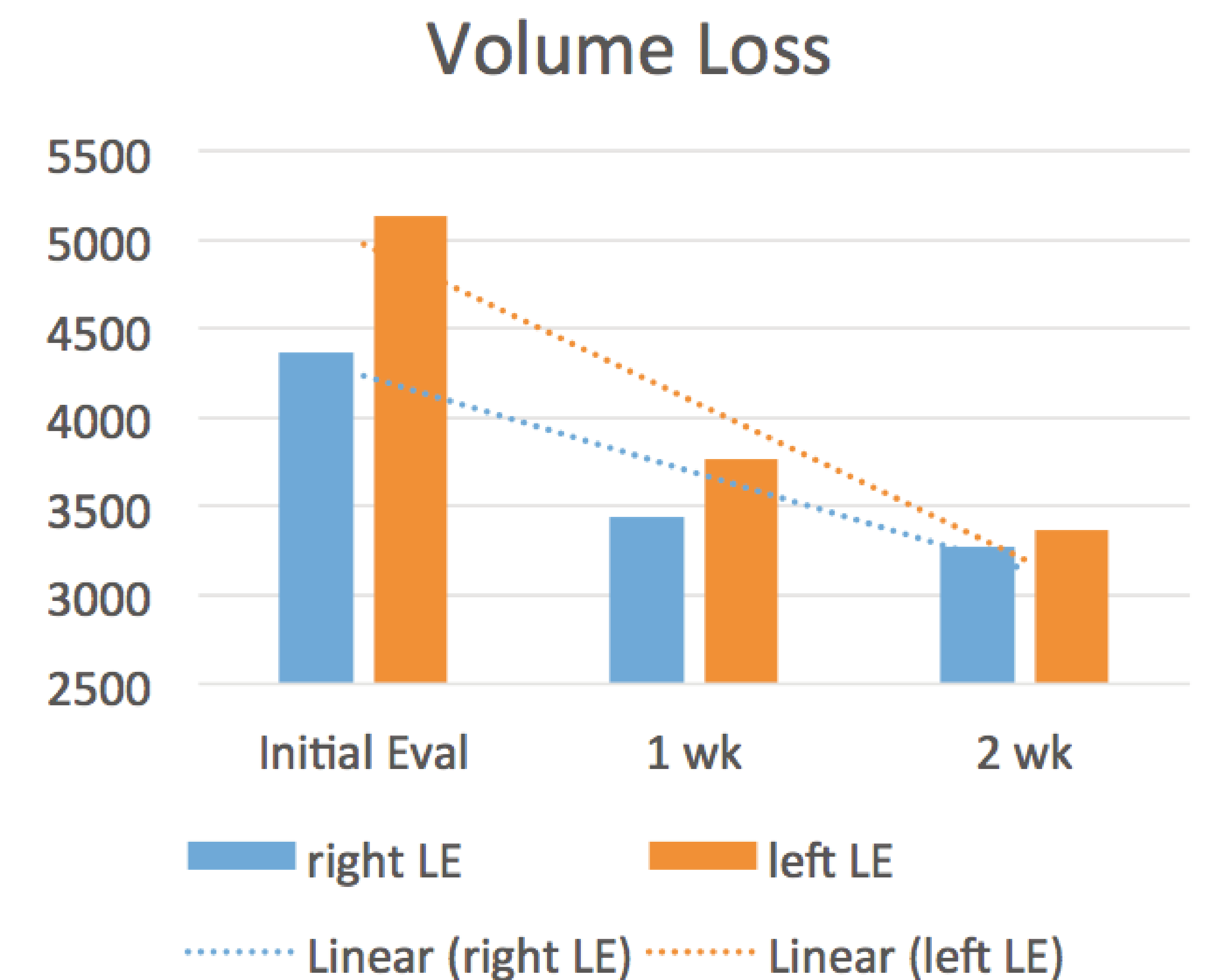
Method

- Patient was instructed with use of the VELCRO® adjustable wrap on the first day of treatment. In addition she received modified CDT and gait/balance re-training activities
- Subsequent visits were used to assess patient's application skill and progression of gait/balance re-training activities
- Clinical outcomes: volume loss below the knee, patients functional level, and patient's ability to apply the device correctly were documented



Results/Discussion

- Patient was able to continue to wear her own shoes
- Over 2 week time period volume below knee was reduced 35%
- Her functional mobility improved to allow her to ambulate short community distances and transfer herself
- Pt was able to use the device not only for the intensive phase but also for the maintenance phase to retain the results of therapy



Conclusion

- Use of this adjustable VELCRO® compression wrap allowed patient involvement, edema management and gait dysfunction to be address simultaneously
- With tighter restrictions on number of therapy visits and diminishing coverage for durable medical products, this adjustable VELCRO® compression allows for more efficient as well as economical approach to edema management for this particular patient



* ReadyWrap™ Compression Wrap with VELCRO® Brand fasteners, Lohmann & Rauscher, Germany