



LYMPHEDEMA THERAPY

Tidewater Physical Therapy uses a research-based treatment approach to its revolutionary lymphedema program developed by retired clinical director Desne Roe, PT, CLT for Tidewater Physical Therapy in Centreville, Maryland. Matthew Greene, DPT, CLT is the new clinical director of our Centreville, Maryland location and has taken over the program. The lymphedema program is designed to assess and identify lymphedema stages, educate patients about precautionary measures, implement comprehensive treatment and provide self-management instructions. Surgical lymph node removal, scarring from infection or radiation therapy, and chronic circulatory dysfunction may lead to insufficient lymph fluid flow, resulting in progressive edema in a body part.

What type of treatment does the lymphedema program at Tidewater Physical Therapy provide?

The lymphedema program at Tidewater Physical Therapy is tailored to an individual's specific diagnosis and needs. The treatment program may include evaluation, manual lymph drainage, multi-layer compression bandaging, sequential pumping, comprehensive fitness exercises, maintenance supplies and scheduled follow-up treatment to assess needs as conditions change.

Who is a good candidate for lymphedema program?

Individuals with evidence of edema (swelling), in any area of the body, are a good candidate for lymphedema treatment. Awareness of swelling, tenderness, stiffness or heaviness may be the result of accumulating lymph fluid. With early identification, intervention, proper treatment and management, lymphedema can be controlled, allowing an individual to lead a normal life.





OUR PRACTITIONERS



Matt Greene, DPT, CLT

Matt Greene is the clinical director of our Centreville location. He joined Tidewater Physical Therapy in 2016. Matt received his Bachelor of Science in Kinesiology from The University of Maryland College Park and his Doctor of Physical Therapy (DPT) from The University of Maryland Eastern Shore. Matt has worked in several fields of therapy including acute care, home health and outpatient settings. He also has a certification in Lymphedema therapy. In addition to these skills, Matt also specializes in orthopedic therapy, balance and gait.

Kimberly Diem, PTA, CLT

Kimberly Diem is a Physical Therapist Assistant at our Centreville location. She joined Tidewater Physical Therapy in 2014. Kimberly received her Associates of Applied Sciences from Chesapeake College's, Chesapeake Area Consortium for Higher Education (CACHE) Physical Therapist Assistant Program. Along with being a certified lymphedema therapist, Kimberly also specializes in orthopedic therapy,



balance and gait.

