

Lymphedema Therapy

Tidewater Physical Therapy uses a research-based treatment approach to its revolutionary lymphedema program developed by Desne Roe PT, CLT and clinical director for Tidewater Physical Therapy in Centreville, Maryland. 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 diagnoses 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 the lymphedema program?

Individuals with evidence of edema (swelling) in any area of the body are candidates 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.



Desne Roe, PT, CLT

Desne received her Bachelor of Science in Physical Therapy from Baylor University. She joined Tidewater Physical Therapy in 2001 where she developed a revolutionary Lymphedema program. Desne received her Lymphedema certification in Leduc and Foldi treatment methods with advanced certification from the University of Pennsylvania. She is a member of the National Lymphedema Network. Desne's work experience, certifications, continuing education, and interests focus on the evaluation, treatment and education of: lymphedema diagnoses, women's health related needs, pre and post cancer surgery, bladder health, general orthopedic diagnosis, sports injuries, geriatric rehabilitation, post surgical and joint replacement, and work related injuries.



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