physio-link

Research - networking - Development

www.physio-link.org

Manual lymphatic drainage for lymphedema following breast cancer treatment (Cochrane systematic review).

Ezzo J, Manhiemer E, McNeely ML, Howell DM, Weiss R, Johansson KI, Bao T, bily L, Tuppo CM, Williams AF, karadibak D.

Setting the scene:

This review aimed to assess the efficacy and safety of Manual Lymphatic Drainage (MLD) in treating Breast Cancer Related Lymphedema (BCRL).

What did they do?

Several trials were applied on 24-45 participants for every trial totaling 208 participants. The trials appeared to randomize participants. When women were treated with a course of intensive compression bandaging, their swelling went down about 30% to 37%. When MLD was added to the intensive course of compression bandaging, their swelling went down another 7.11%. Examining this finding more closely showed that this significant reduction benefit was observed in people with mild-to-moderate lymphedema when compared to participants with moderate-to-severe lymphedema. For symptoms such as pain and heaviness, 60% to 80% of participants reported feeling better. One year follow up suggests that once swelling has been reduced, participants were likely to keep down their swelling if they continued to use a custom-made sleeve.

Takeaway message:

Manual lymph drainage is a safe and essential strategy in addition to compression bandaging for swelling reduction in breast cancer related lymphedema. Patients follow up for 6-12 months is must to get the treatment aims.

physio-link is a project sponsored by primephysio UK - Join our editing team .. Be part of the change..
get in touch info@physio-link.org
facebook page physio-link
twitter : @physio_link