## **CPD EVENT RECORD**

## **Case-Based Discussion**

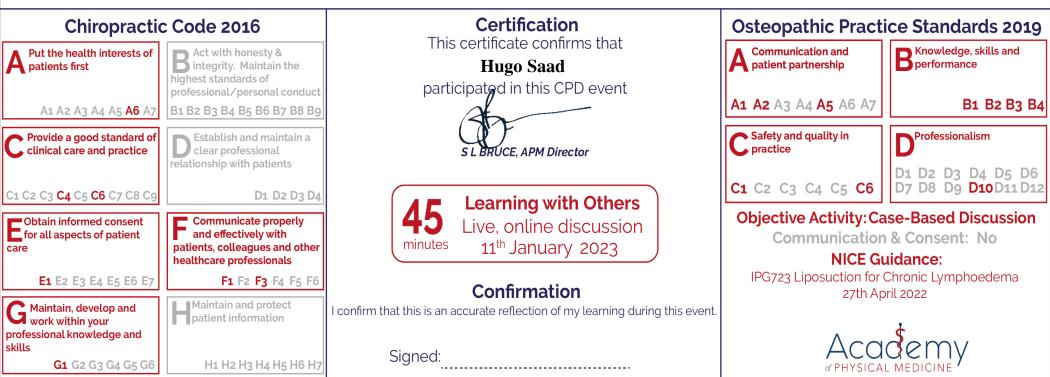


This discussion concerned a 43 yo woman with chronic lymphoedema. The condition had begun in her teens and involved her left LEX, which was roughly twice the circumference of the right. She had had recurrent bouts of cellulitis, and suffered incontinence as a result of prolapsed bladder and uterus. She had undergone several procedures to remove excess skin and had considerable scar tissue as a result.

The condition was being managed with compression stockings and exercise, which had provided some benefit.

Her thoracic spine was very kyphotic, with restricted mobility.

Many suggestions were voiced. Acupuncture was suggested, although not around the affected area, due to the risk of infection. Lymphatic drainage was recommended, not surprisingly, as was using a roller to improve TSP flexibility. It was emphasised that soft tissue work over the affected area should be extremely gentle. The role of visceral techniques was discussed. Ultimately, it was felt that symptom management was of the essence and that effective communication of treatment aims was vital.



**Evaluation, Reflection and Impact on Practice** (this part of the certificate is **not** automatically generated - it has been entered by the participant)

It was useful to be reminded about this uncommon condition. Understanding the limitations of treatment will help me manage patient expectations, while still getting the best outcomes for them that I can.