

Specialized Treatment




- Skin Hygiene
- Manual Lymph Drainage
- Serial Compressive Bandaging
- Exercises and techniques to promote venous return
- Development of long-term edema management strategies
- Selection of practical compression garments
- Patient/Caregiver Training in proper application and wear schedules

Specialized Providers

Our Physical and Occupational Therapists are trained in edema management of the lower extremities. Their expertise allows for shorter length of stays, improved functional outcomes and increased quality of life for our patients.



Contact Us

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Edema Management Program



For Lower Extremities

westridgecarecenter.com

What is Edema?

Edema, known as swelling, is a buildup of fluid that commonly occurs in the extremities. While some edema is short-term due to acute conditions, other edema is chronic and progressive; it does not resolve on its own and treatment is necessary.

The most common cause of lower extremity edema in elderly is Chronic Venous Insufficiency (CVI), affecting up to 60% of the population age 80 and older. Additional causes include: lipodema, lymphedema, obesity, certain medications, kidney/liver/cardiopulmonary dysfunction, or deep vein thrombosis. If untreated, edema may lead to infections, skin break down, reduced function, loss of independence, falls, impaired activity tolerance and reduced quality of life.

Nearly 20% of geriatric patients will experience edema in one or both of their lower extremities.

Signs & Symptoms

- Gradual swelling
- Changes in skin color
- Heaviness
- Chronic Infections

Impact on Function

- Unsafe footwear
- Increased fall risk
- Difficulty walking
- Difficulty getting in & out of bed
- Legs & feet tire fast



**Award Winning
Care Starts Here
West Ridge Care Center**

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