

What are the Benefits?

- Helps with Detoxification
- Reliefs conditions of edema and lymphedema.
- Aids with post-surgery lymph drainage problems
- Speeds healing and minimizing scar formation
- Longer treatment sessions offered in the clinical environment
- Education regarding how to support your lymphatic system at home
- Opportunity to request a super bill for Possible reimbursement from insurance
- I accept HSA cards

Book your session today

970-852-5314

www.katmcarthurwellness.com

2501 Blichmann Ave, Suite 119
Grand Junction, CO 81505

I LOOK FORWARD TO WORKING WITH YOU !



Manual Lymph Drainage Maintenance

FOR LYMPHEDEMA

KAT McARTHUR



KAT'S MASSAGE AND WELLNESS

Why Manual Lymph Drainage Maintenance is Important

Lymphedema is an abnormal collection of lymphatic fluid in the tissues just beneath the skin. This swelling commonly occurs in the arm or leg, but it may also occur in other body areas including the breast, chest, head and neck, and genitals. Lymphedema develops when a body region, where lymphatic vessels and lymph nodes are missing or impaired, becomes overloaded with lymphatic fluid.

When these vessels are damaged or malformed, there is a risk that lymphatic fluid will not be adequately transported and may result in fluid backing up in body tissues. When fluid congests in the tissue, swelling occurs and this swelling is called lymphedema. If the condition is left untreated, it leads to progressive tissue swelling over time.

Manual Lymph Drainage (MLD) is a specialized technique that supports the function of the lymphatic system. The focus of MLD is to stimulate the lymphatic vessels and encourage lymphatic flow into the lymph nodes and back into the heart. MLD strokes are gentle, lightly stretching the skin in the direction of the lymphatic vessels. The profound affects are deeply relaxing while keeping your lymphatic system flowing and working properly.

Kat is a Licensed Massage and Manual Lymphatic Drainage Therapist in Grand Junction, Colorado. She is trained in the Vodder Technique through the Klose Institute, which is the standard for MLD in the United States.