

MM/DD/YYYY	Print/Type: Patient Name
PT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Patient Cell Phone #
OT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Diagnosis/Reason For Referral
	Print/Type: Ref Practice Contact's Name
(XXX) XXX-XXXX	Print/Type: Ref Practice Contact's Email
	MD Signature
	Print/Type: MD First + Last Name + Title

B

A

W

Brevard

Asheville

Woodfin

59 Oakdale St
 (828) 966-9036

260 Merrimon Ave, Suite 100
 (828) 785-4700

61 N Merrimon Ave, Suite 107
 (828) 484-8398

Ref Fax Line:
 (828) 966-4538

Ref Fax Line:
 (828) 552-5566

Ref Fax Line:
 (828) 484-8399

My signature certifies that treatments are medically necessary

Complete Decongestive Therapy (CDT)

Complete Decongestive Therapy (CDT) is the current gold standard for the treatment of lymphedema and its associated conditions. The method is becoming more widely known among the health community as education around the nature of the problem continues. CDT treatment presents minimal side effects and contraindications for patients while supporting the progressive transition of the client to self-management of their disease.

Lymphedema is a chronic, incurable disease caused by a disruption in normal lymph flow. This disease can occur in any part of the body while most commonly occurring in the arm or leg. Although lymphedema is not curable, it is manageable with proper treatment and education.

The 2 Phases of CDT

1) The Treatment Phase

This phase includes 4-5 treatment sessions per week with our therapists that meet National Lymphedema Network's (NLN) established standards for treatment.

Treatment will include:

- * Manual Lymphatic Drainage (MLD)
- * Compression Bandaging
- * Meticulous Skin and Nail Care
- * Therapeutic Exercise
- * Instructions in Self-Care

2) The Optimization Phase

This phase includes life-long management and education around best-practices in treating lymphedema while addressing life changes that may be required.

Optimization will include:

- * Compression Garment/Night Bandaging
- * Home-based Exercise Program
- * Self Manual Lymphatic Drainage (MLD)
- * Skin and Nail Care Regimens
- * Mental Health Support

Lymphedema Program



Program Applications:

- Manual Lymph Drainage
- Performance Deficit Assessment
- Range of Motion Assessment
- Garment Consultation
- Lifestyle Adjustment Education
- Self Management Skill Building

Program Location(s):

Brian Ellis, Physician Liaison
brian@perfectbalancept.com
 Office: (828) 785-4700

Perfect Balance Physical Therapy is an expert in treating lymphedema of any part of the body including the upper extremity, lower extremity, trunk/breast, genitals, and head and neck. We treat all ages, from pediatric to geriatric, and all types of primary and secondary lymphedema.

General

- Lymphedema, Non-Classified
- Secondary Lymphedema
- Chronic and Peripheral Venous Insufficiency

Initial & Reassessment

- Garment Consultation
- Program Compliance and Effectiveness
- Chronic and Peripheral Venous Insufficiency
- Obstruction/Obstructed/Obstructive Lymphatic
- Occlusion/Occluded

Screening and Monitoring

- Performance Deficit Assessment
- Performance Improvement Assessment
- Range of Motion Assessment

Pressure

- Compression, Lymphatic Vessel
- Dilatation, Lymphatic Vessel

Muscle Re-Education

- / Neck
- / Trunk
- / Arm

Breast

- Post-Mastectomy Lymphedema

Patient Therapy

- PBPT Community Support Group