

Inside this issue:

Lymphedema Program	1
Flexitouch	1
Dr.Cruz receives lymphedema certification	1.2
BBPT News	2

LYMPHEDEMA PROGRAM

Beyond Basics Physical Therapy offers a unique and comprehensive rehabilitation program focused on the healthcare needs of patients who have

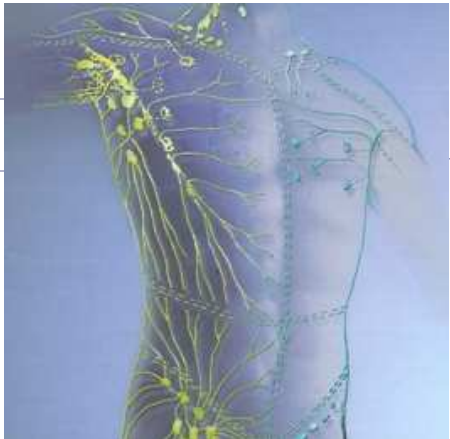
- lymphedema of the upper/lower extremity and/or trunk region

Lymphedema is the excessive accumulation of tissue fluid due to a disorder of the lymphatic vessels or nodes. It is a chronic condition that will usually worsen over time if left untreated. Complex Decongestive Physiotherapy (CDP) is the conservative treatment of choice for lymphedema and is reimbursable in New York by health insurance. Our physical therapists have extensive training and knowledge in CDP.

The program consists of the following:

During the **first visit**, the client will be seen by a therapist to evaluate the client's function, and also provide exercises to do at home. **The evaluation will include:**

- Muscle strength and flexibility testing of the extremities
- Girth measurements of the arms and/or legs
- Education for the client on skin care
- Postural and functional evaluation



Treatment may include the following:

- Manual lymphatic drainage
- Compression bandaging of the affected limb
- Gentle range-of-motion exercises for the affected limb
- Patient education for home exercise program, self-bandaging, and skin care
- Referral for home use of pneumatic compression device, if necessary

We treat our patients for 60-minute sessions in private rooms and utilize gym equipment, if necessary, for gentle range of motion and strengthening. The frequency of treatment sessions depends on the severity of swelling, and can be 2-5 sessions/week. If you have specific questions, please do not hesitate to contact us. We accept most major insurances.

We can tailor this program to your needs.

ROSEANNE CRUZ RECEIVES LYMPHATIC DRAINAGE THERAPY CERTIFICATION

Roseanne Cruz, PT, DPT, LLCC of New York, NY has successfully completed Bruno Chikly, M.D.'s Lymphedema/CDP Certification Program through The Upledger Institute, Inc. The certification signifies advanced skill in the application of complex decongestive physiotherapy (CDP) in the treatment of lymphedema. Lymphedema is the excessive accumulation of tissue fluid due to a disorder of the lymphatic vessel or nodes. It is a chronic condition that

will usually worsen over time if left untreated. Complex Decongestive Physiotherapy is the conservative treatment of choice for lymphedema and is reimbursable in New York by medical insurance. CDP involves a regimen of manual therapy, medical compression (bandaging, wrapping of the area), skin care, aerobic conditioning, and isotonic exercises done during the therapy session and at home.

Continues on Page 2

The Flexitouch Lymphedema System is the only FDA approved device that follows the principles of manual lymph drainage (MLD) therapy by preparing the trunk prior to evacuating the extremity of excess fluid.

The Flexitouch is a patented 2-Phase Lymph Preparation & Drainage system that follows the principles of manual lymphatic drainage (MLD) therapy.

The device features a gentle, dynamic massage action that directs and moves the fluid from the affected extremity into the trunk region where it can be managed by the deeper, healthy, and contra-lateral lymphatic vessels. This system allows the patient to manage lymphedema at home on a daily basis.

Angela Neofotistos
Tactile Systems Technology
Product Specialist - [Flexitouch](#)
1331 Tyler Street NE, Ste. 200
Minneapolis, MN 55413
Main: (612) 355-5100
Direct: (612) 355-5183
Toll Free Fax: (866) 435-3949
aneofotistos@tactilestystems.com



165 W 46 St, Suite 311,

New York, NY 10036

Phone (212) 354-2622

Fax (212) 354-2752

beyondbasicsphysicaltherapy.com

We are very excited to have an amazing physical therapist joining our friendly team.

Kimberly Van Liempd

Physical Therapist

Kim received her Master's degree in 2003 and Doctorate's degree in 2005 at Loma Linda University in Loma Linda, California. Her thesis was based on Women's Health including pelvic pain, pregnancy, and incontinence. She relocated to Los Angeles to work in orthopedics, wound care and lymphedema management. While in LA, Kim initiated her pelvic floor education through [Herman & Wallace Rehabilitation Institute](#).

Kim has clinical expertise in men's and women's pelvic floor dysfunction, spine and orthopedics, sports medicine, spinal pain in pregnancy and post-pregnancy, as well as, sexual function, pelvic pain and continence. Her joys come from traveling, shopping, the beach, and she

B
B
P
T
N
E
W
S

We are thrilled to announce the expansion of our office and our new top of line Pilates equipment

ROSEANNE CRUZ RECEIVES LYMPHATIC DRAINAGE THERAPY CERTIFICATION

Continues from Page 1

The Lymphedema/CDP Certification Program was created in 1999 by Dr. Chikly as an offshoot to his widely practiced Lymph Drainage Therapy, a gentle hands-on modality used to stimulate lymph flow and assess its specific rhythm, direction, depth, and quality over the entire body. The program is designed to help build awareness of lymphedema and to ensure the quality of practitioners who provide manual therapy and CDP.

Roseanne Cruz, PT, DPT, LLCC earned, and successfully received, the 140-hour Lymphedema/CDP Certification which fulfills the requirements to sit for the national certification testing with the Lymphology Association of North America (LANA). Dr. Cruz is a physical therapist at Beyond Basics Physical

Therapy which is located in midtown Manhattan. She began, and is currently the head physical therapist for, the Lymphedema Program, which addresses the upper and lower extremities and the trunk region in men, women, and children. She is a member of the

Women's Health and Oncology sections of the American Physical Therapy Association and the National Lymphedema Network. Roseanne is also a member of the National Vulvodynia Association and the International Pelvic Pain Society.

