

## What is Reflexology Lymphatic Drainage?

Reflexology Lymphatic Drainage (RLD) is an award-winning specific technique (developed in the UK), the aim of which is to stimulate the function of the lymphatic system and drain excess lymph from the damaged areas.

Abstract research in 2012, 2016 & 2018 has shown positive trends in RLD benefitting breast cancer patients who experience secondary lymphoedema as a result of medical intervention.

RLD was originally developed for the treatment of secondary lymphoedema of the arm however, it is also a highly effective treatment for primary lymphoedema anywhere in the body.

After breast cancer some patients may experience psychological and/or emotional difficulties due to an altered body image and having a swollen limb can exacerbate this.

Our experience is that patients experience less discomfort and swelling, and an increase in strength and arm mobility after treatment.

Patients suffering from auto-immune diseases have also benefited greatly from a reduction in pain after receiving 8 consecutive treatments after which patients report they reduced pain and anti-inflammatory medication.

The benefits of RLD may last for months but this varies from patient to patient. We work with you by spacing out treatments to determine the most effective maintenance programme.

Patients are encouraged to continue wearing their pressure sleeve or sock and to continue with self-management as recommended by the lymphoedema clinic. Wearing a pressure sleeve or pressure sock may also prolong the benefits of the treatment.

## What is Secondary Lymphoedema?

Secondary lymphoedema develops following damage to the lymphatic system. According to Cancer Research UK (2011) approximately 20% of cancer patients will develop secondary lymphoedema (swelling of the arm) following breast cancer treatment which include; mastectomy, chemotherapy, radiotherapy, removal of lymph nodes (glands).

## What is an RLD treatment like?

RLD is a painless and very relaxing treatment given on the feet and some patients fall asleep during the treatment.