



Nederlandse Vereniging voor Fysiotherapie binnen de Lymfologie en Oncologie

Aangesloten bij KNGF

The **NVFL** stands for the Dutch association for physiotherapy in lymphology and oncology. One of our main goals is to ensure that the patient receives the best possible care from one of our edema or oncology physiotherapist.

There are many treatment possibilities an edema physiotherapist can choose from. Every patient has other needs and to give him/her the best quality of treatment the edema physiotherapist will personalize the treatment. Therefore it is necessary that patients with (lymph)edema are treated by specialized edema physiotherapists. For patients with problems with a more oncological background, we also are the association for specialized oncology physiotherapists.

The treatment possibilities the edema physiotherapist can chose form are stated below:

Compression therapy

In order to realize the decrease in size as quickly as possible, in most cases there will be bandages. These bandages are an important part of the therapy. If the surplus of fluid is gone, a therapeutic elastic stocking will be used to preserve the effect of the therapy.

Manual lymph drainage

This is a massage technique aimed at stimulating the drainage of lymph fluid and promoting the function of non-affected lymph vessels or glands.

Exercise therapy

In many cases, there is also a reduced ability to move in the area of operation in addition to lymphedema. Muscle strength can also be reduced, partly due to lymphedema. Through the exercises you receive from your edema physiotherapist you can improve the function of your limb.

Breath therapy

Specific exercises related to your breathing improve the drainage of lymph fluid.

Information

You will be informed about skin care, nutrition, prevention and self-help. These are things that you can use yourself. You will also be guided in building up your daily activities.

Lymph taping

This involves the use of a specific tape, which actually lifts the skin slightly so that the subcutaneous circulation improves and the drainage of lymph fluid is better.

Teaching self-management

In addition to the therapy, you (if possible) are taught to massage, bandage and/or tape yourselves. You will also receive exercises to maintain the resulting improvements or to further improve. Move! Practice helps you get back into your daily rhythm as quickly as possible and improve the drainage of the fluid.

Use the [search](#) function on this site to find an edema physiotherapist in your area.