

Southwest Colorado • Northern New Mexico

Lymphedema Resources

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This document is not intended to take the place of the care and attention of your personal physician or other members of your professional medical team. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.



Managing Lymphedema

People facing cancer encounter various obstacles on their journey to wellness, and lymphedema may be one of them. Lymphedema is an accumulation of protein-rich fluid that causes inflammation in the tissues. This can be caused by the removal of lymph nodes during cancer surgery or by localized radiation therapy that may affect lymph drainage. Anyone who has had lymph nodes surgically removed on any area of their body is at risk for lymphedema.

The medically accepted standard of care for treating and managing lymphedema is called Complex Decongestive Therapy (CDT). It consists of the following treatments: Manual Lymph Drainage (MLD) by a trained and certified lymphedema therapist; Compression Therapy (bandaging the affected area with low-stretch bandaging, wearing compression garments, and using manually adjustable compression devices); special lymph-pumping exercises which are performed daily while under compression; and teaching about self-management and meticulous skin care techniques.

This document provides a list of Southwest Colorado's regional and online lymphedema resources. We recommend working with your healthcare provider and meeting with a professional Certified Lymphedema Therapist who can help you with the choices you may face.

Choosing a Lymphedema Therapist

A Lymphedema Therapist is an individual who has specialized training to work within a scope of professional practice to assist in diagnosing lymphedema, providing clinical treatment for lymphedema and educating patients in order to manage their condition. For more information about the recommended training for a lymphedema therapist, visit [NLN's Position Paper on the Proper Training of Lymphedema Therapists](#).

Local-Regional Lymphedema Therapists

Lani Beattie, OTR, CHT, CLT

[San Juan Hand Therapy](#)

575 Rivergate Lane, Ste. 108

Durango, CO 81301

P. 970.247.7711

Lani is certified in Comprehensive Lymphedema and Venous Edema Management, having completed her coursework at the University of WI Milwaukee Continuing Education Department. She also received private tutoring in lymphedema treatment from Sandy Artzberger, MS, OTR, CHT, CLT. Her training includes the 4 standards of basic lymphedema instruction: Manual Lymph Drainage, bandaging, exercise, and skin care. In her practice, Lani places major emphasis in teaching patients life-long, personalized self-management techniques for lymphedema. San Juan Hand Therapy accepts most insurance, including Medicare and Medicaid.

Flow Wolf, MSW, LCSW, LMT, CDT, NMT

48 CR 250, Unit #1

Located within Three Treasures Health Care

Durango 81301

P. 970.769.9653

F. 970.403.5972

flowwc@msn.com

Flow Wolf is a licensed massage therapist (LMT) through the state of Colorado, and is also certified through Guenter Klose of Klose Training Institute in Littleton, Colorado as a Complete Decongestive Therapist (CDT). She works with all elements of CDT, including bandaging, manual lymphatic drainage, education, exercise and self-care. Flow also has a clinical license to practice Social Work in the State of Colorado. Flow accepts insurance if the insurance policy covers Complete Decongestive Therapy or Lymphedema by a licensed massage therapist. She also accept FSA or HSA plans. She does not bill Medicare or Medicaid. Initial visits are 90 minutes, and follow-up visits are 60 minutes.



Julie M. Carpenter, OTR
Johnson Physical Therapy Rehab, P.C.

1280 N. Mildred Rd., #2
Cortez, CO 81321
M-F: 7am – 7pm
P. 970.564.0311
F. 970.564.0313
info@johnsonptco.com

Julie has over 30 years of experience in clinical practice as an occupational therapist. She practices in Cortez, Colorado where she is co-owner of Johnson Physical Therapy and Rehabilitation. She specializes in the treatment of lymphedema and upper extremity orthopedic conditions. Julie graduated from the University of St. Catherine in 1992 and is an active member of the American Occupational Therapy Association and American Society of Hand Therapists. Julie has been treating lymphatic conditions for the past 22 years with over 150 continuing education hours in lymphedema treatment and management of the upper and lower extremities, as well as the head and neck. Her treatment approach to lymphedema is multi-dimensional, incorporating traditional manual lymphatic massage and management techniques, exercise, manual therapy, therapeutic light modalities and patient education to assist all patients in achieving the best outcomes as possible.

Lauren Muir, PT, DPT, CLT
Center for Cancer and Blood Disorders

Pagosa Springs Medical Center
95 South Pagosa Blvd
Pagosa Springs, CO 81147
P. 970.507.4000
F. 970.731.1988

Dr. Lauren Muir has been a practicing physical therapist since 2010 and has been a lead physical therapist since 2015. Dr. Muir has honed her ability to work with a wide variety of patients through her interactions with the many departments at PSMC. She earned her Doctorate degree in Physical Therapy from the University of Michigan-Flint, and she is a certified lymphedema therapist through Klose Training. She works alongside orthopedic surgeons, hospitalists, and nurses to provide PT services for Inpatient, Oncology, PACU (Post Anesthesia Care Unit), Pre-Admission Training, Emergency Department, and Acute CVA and TIA patients at PSMC. Dr. Muir is the only certified lymphedema physical therapist in Pagosa Springs area. Pagosa Springs Medical Center accepts most insurances, including Medicare and Medicaid

Insurance Coverage for Lymphedema Treatment

Lymphedema is a medical condition that requires treatment. Untreated lymphedema can put you at risk for infections, become disabling, be chronic, and needs consistent monitoring. There are medical protocols, standards of care, and medical diagnosis codes for the management of lymphedema. Unless your insurance specifically excludes this from your coverage in your contract, they are required to cover lymphedema treatment.

If you have private insurance, it is recommended that you check the specific coverage details before purchasing compression bandages and garments. Your policy will clarify coverage, reimbursement and whether or not a pre-authorization is in order. Your insurance company may have a form, such as a “Letter of Medical Necessity,” which may need to be submitted for reimbursement. A prescription from a physician may also be required. Your lymphedema therapist may be able to provide some guidance about your insurance coverage. Be sure to contact the supplier for requirements before proceeding.

If your insurance company requires you to submit a statement for reimbursement, you may need to include a pre-authorization number, the original receipt, a prescription, and a completed and signed medical reimbursement form as provided by your insurance carrier. Make a copy of all these documents before submitting your paperwork to your insurance company. In some cases, you may be required to pay out-of-pocket expenses prior to receiving a reimbursement. Additionally, some insurance companies may require that you work with a specific supply company that is not listed within this document.



Local Lymphedema Compression Garment Suppliers

Your lymphedema therapist will provide you with a list of necessary supplies before beginning your treatments. Please remember to check with your insurance first, because many insurance companies do not cover compression wraps and garments.

DURANGO, CO

Rivergate Pharmacy & Compounding Center

575 Rivergate Lane, Ste. 111

Durango, CO 81301

P. 970.375.7711

info@rivergatepharmacy.com

Rivergate Pharmacy carries JUZO and TruForm brand compression garments, and individualized fittings are available by appointment. They do not carry all products in stock, but order through company catalogs.

FARMINGTON, NM

Four Corners Limb & Brace

653 West Broadway

Farmington, NM 87401

P. 505.326.6305

Four Corners Limb & Brace carries JUZO brand compression garments, and individualized fittings are available by appointment. They do not have all products in stock, but can order garments. Expect that a fitting will take approximately thirty minutes to one hour, as this time includes education about proper use and care of garments.

ALBUQUERQUE, NM

Active Life Orthotics & Prosthetics

124 Alvarado Drive, SE

Albuquerque, NM 87108

P. 505.266-1700

F. 505.349.5170

M-F 8 am–5 pm (Closed 12-1)

Although they prefer a call for an appointment, walk-in appointments are available. You may want to check to see if they accept your insurance before traveling.



Active Life Orthotics & Prosthetics employs experts in compression garments that treat lymphedema. They would prefer to work directly with your medical team – physicians and lymphedema therapists – to provide a comprehensive evaluation of your needs. They carry multiple brands and materials, have ABC certified fitters who provide evaluations and measurements, and provide education about the proper use and care of their garments.

Online Garment Suppliers

LymphedIVAS

P. 866.411.3482

M-F 9-5 pm (EST)

info@lymphedivas.com

LymphedIVAS provides “medically correct” fashion for lymphedema, including sleeves and gauntlets. They also have “Seconds,” which are medically correct products with specified graduated compression at half the price (with minor errors in printing or fading). They have a 30-day refund and exchange policy.



Compression Guru

P. 855.592.6693

F. 888.413.7261

M-F 8-5 pm (MST)

help@compressionguru.com

Compression Guru provides a wide variety of lymphedema compression sleeves, wraps, gloves, gauntlets, bandaging liners and accessories. Their selection is for upper and lower extremities, torso, breast, chest, and for men and women. They carry over 15 different product brands, and pride themselves on offering live help, detailed step-by-step measuring guides and free shipping. This is a Colorado-based online company.

Lymphedema Products, LLC

P. 866.445.9674

M-F 9-5:30 pm (EST)

(Se Habla Español)

Lymphedema Products was developed by Steve Norton, CLT, CDT Instructor, and is a renowned authority on lymphedema therapy. They only carry lymphedema products and sizing charts are available on the website. They will not bill insurance, but will send an itemized accounting of your order that includes the billing codes to submit to insurance for reimbursement.

JoViPak Lymphedema Products

P. 866.888.5684

F 877.760.4943

M-F 7-3 pm Pacific Standard Time

info@jovipak.com

Jovipak was started by a lymphedema therapist and provides products to help with head and neck, upper and lower extremity, pelvic and torso lymphedema and donning aids. They specialize in nighttime garments and provide a printable product guide, which includes comprehensive measuring tools. They have a great warranty and return policy – even with custom orders. They call themselves “Lymphedema Problem-Solvers” and their team will collaborate with your therapist or fitter to personalize solutions.

[JOBST Compression Institute](#)

Founded by the pioneer of gradient compression, Conrad Jobst, JOBST is the #1 brand of Compression Therapy products, continually developing integrated solutions for the prevention, treatment, and management of venous and lymphatic disorders. JOBST® Compression Institute's mission is to answer questions and be a valuable resource for fitters, clinicians, healthcare providers and caregivers interested in learning more about compression therapy and lymphatic and venous disorders. Their resources include teaching videos and webinars about the benefits of compression therapy and how compression garments improve life for people with lymphedema and venous disease. They encourage sharing a photo of the problem to help find solutions.

[Tools for Patients, Fitters, & Healthcare Providers](#)

[Guide to The Proper Fitting of and Care for Sleeves, Gloves and Gauntlets](#)

Compiled by Step Up, Speak Out. Recommended reading that provides a great guide with photographs showing the difference between a well fitted and poorly fitted garment. This helps you understand garment fitting before you visit a Lymphedema Garment Fitter.

[JoViPak's "Letter of Medical Necessity"](#)

This is the link to the PDF file for Jovipak's Letter of Medical Necessity, which gives the diagnoses and medical codes used to submit to insurance companies.

[Essential Lymphedema Information for all Health Care Providers: From a Physician with Secondary Lymphedema](#)

This guide from Step Up, Speak Out is a printer-friendly version to share with your Health Care Provider, written by a physician who suffers from lymphedema.

Lymphedema Organizations & Education

[Cancer Rehab PT – Oncology, Lymphedema, and Lymphatic Health Physical Therapy](#)

Cancer Rehab PT is an excellent resource for people living with and beyond cancer that provides lymphedema tools, education, resources, and support. Their YouTube channel focuses on various treatments and education for the management of the side effects caused by cancer and its treatment. This education is provided by Kelly Sturm, PT, DPT, CLT-LANA, ONcCS, a doctor of physical therapy, a board-certified oncology specialist, and certified lymphedema therapist through LANA, the Lymphology Association of North America. Her website includes downloadable digital resources, a blog, and a link to a multitude of educational videos on the [CancerRehabPT YouTube Channel](#).

[BreastCancer.org](#)

Being mindful that lymphedema does not only affect those who have breast cancer, BreastCancer.org provides a multitude of articles to increase an understanding of lymphedema.

[Step Up, Speak Out](#)

Step Up, Speak Out provides resources for health care providers and patients. The website is a dedicated support and advocacy program for women and men with breast cancer-related lymphedema. It is a valuable resource for anyone who is experiencing lymphedema.

[National Lymphedema Network](#)

The National Lymphedema Network (NLN) is a national non-profit organization whose mission is to create awareness of lymphedema by educating and promoting medical treatment for all individuals who are at risk for or affected by lymphedema. They research and share information about the advancements in treatments, as well as their position statements on lymphedema. These include positions on air travel, risk reduction, exercise, training of lymphedema therapists, as well as screening and measurement for the early detection of breast cancer-related lymphedema.

[Lymphatic Education & Research Network \(LE&RN\)](#)

LE&RN is an international non-profit organization whose mission is to fight lymphatic diseases through education, research & advocacy. They offer a monthly newsletter, downloadable resources, recorded educational conferences and films.

Peer Support Groups & Discussion Boards

[Lymph Notes Forum](#)

Lymph Notes is an online discussion board and resource for those who are at risk of developing or having lymphedema. This is also a resource for friends, family, caregivers and therapists.

[Inspire’s National Lymphedema Network Support Community](#)

Inspire’s National Lymphedema Network Support Community is an online community that connects patients, families, friends and caregivers who are experiencing lymphedema for support and inspiration.

Resources for Head & Neck Cancer Lymphedema

Toronto Physiotherapy Rehab Science Blog + Patient Resource

This blog has a variety of articles about cancer and lymphedema. The authors are Lindsay Davey, who is a Physiotherapist with numerous professional designations including a Masters degree in Cancer Research, and Dr. Ryan Davey, who is a scientist with expertise in the fields of Medical Diagnostics, Regenerative Medicine, and Biomedical Engineering. These guides are from their Blog. Feel free to browse, there are a multitude of interesting articles.

Patient guide: head and neck lymphedema following cancer treatment

Head and neck lymphedema is a common side effect of head and neck cancer treatment. It can be a chronic condition with potentially severe implications for quality of life, and head and neck lymphedema patients can be among the most heavily impacted by their condition. The physiotherapists at Toronto Physiotherapy offers an overview of their clinical understanding of the condition, along with the accepted best practices for managing it.

Is my head and neck lymphedema “normal”?

According to the author, Lindsay Davey, MScPT, MSc, CDT, head and neck patient experiences with lymphedema are usually a lot more similar than patients seem to expect. She reports that as many as 50% of people treated for head and neck cancer develop lymphedema, and details the sites affected.

Patient Guide: Lymphedema Symptoms, Prevention and Management

Lymphedema is a chronic disease, but with proper education, prevention practices, and management techniques, patients can learn to prevent flare-ups and manage their symptoms. Though not specific to head and neck cancer, this post discusses the basics of this condition, including dos and don'ts, and complications to look out for.

Tactile Medical

P. 612.355.5100

F. 866.435.3949

Tactile Medical provides the Flexitouch Plus System, which is a comfortable, effective at-home pneumatic compression device to treat lymphedema to the head and neck region. Tactile Medical touts the garment to be easy to use and features the clinically proven Flexitouch technology that tens of thousands of lymphedema patients rely on every day to effectively treat their extremities. This product, as most lymphedema products, must be ordered by a licensed healthcare practitioner. The brochure explaining the [Flexitouch system can be found here](#).



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