



## PHYSIO FOR YOU

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## TRAVEL ADVICE FOR LYMPHOEDEMA

Long distance travel (over 8 hours) by plane, bus, car or train may increase the risk of developing lymphoedema, or worsen existing lymphoedema.

It is suggested that you:

- ✓ Regularly exercise the affected or 'at risk
- ✓ Limb by taking breaks and walking around every few hours.
- ✓ Wear a travel compression garment as recommended by your lymphoedema physiotherapist. If you already wear a compression garment, this may be different to your usual one.
- ✓ Minimise the carrying of heavy luggage and use luggage on wheels where possible.
- ✓ Continue your daily manual lymphatic drainage, compression use and skin care regime whilst travelling. Be sure to pack your soap-free cleanser, moisturiser, sunscreen, insect repellent, band aids and anti-septic cream.
- ✓ If you experience any of the signs and symptoms of lymphoedema, seek medical attention. These include: discomfort, heaviness, tightness, fullness, swelling, burning, itching, numbness, pins and needles, temperature changes, redness of the skin and skin indentations from clothing or accessories (such as watches, socks etc).

**If you have any questions, or to book an appointment, please contact Physio For You on 43921547.**