



Lymphology and Compression Catalogue



CATALOGUE 2022

medivex
HEALTHCARE LIMITED

THUASNE GROUP

is over 170 years old

From its Saint-Etienne base, THUASNE Group has been drawing on its know-how for more than 170 years to conceive, develop and manufacture medical devices enabling all patients and consumers to become active players in their own health.

Derived from the shared history of 6 generations of entrepreneurs, THUASNE offers concrete, simple, adapted and innovative health solutions for improved mobility, in more than 85 countries. Our expertise is aimed at patients in the fields of orthopaedics (belts, braces), medical compression (phlebology, lymphology, wound healing), women's health (external breast forms, lingerie) and homecare.



With its operations spanning the worlds of medicine, materials and digital technology, Thuasne creates and distributes medical devices enabling all patients and consumers to become active players in their own health. Year after year, our joint commitment enables better management of numerous chronic conditions (back problems, musculoskeletal disorders, venous insufficiency, lymphoedema, etc.) using non-invasive therapeutic solutions

Elizabeth Ducottet
Chairman and CEO

A stylized, handwritten signature in white ink that reads "Elizabeth Ducottet".

What is Lymphoedema?

Lymphoedema is a chronic disease related to a malfunction of the lymphatic system.

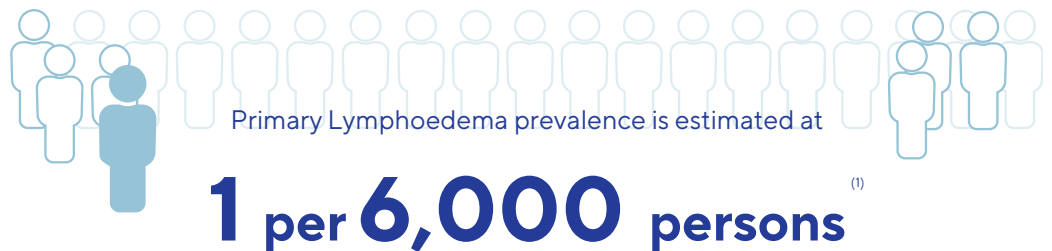
This results from a blockage or a slowing down of the circulation of this liquid between the cells and tissues of the body.

Lymph accumulated in the subcutaneous tissues causes swelling that **produces discomfort, heaviness and loss of mobility in the affected part of the body.**

There are 2 types of lymphoedema:

Primary lymphoedema

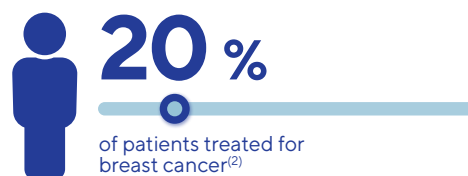
Related to a constitutional defect of the lymphatic system. Congenital or familial, it mainly affects the lower limbs. In the majority of cases, it is necessary to initiate management of the condition from childhood. Primary lymphoedema can also start in young adults.



Secondary lymphoedema

Results from a damage of the lymphatic system associated with a trauma, a disease like cancer and its treatment (lymph node dissection, radiotherapy...) or a contamination.

Secondary lymphoedema concerns



(1) Orphanet, webportal on rare diseases and orphan drugs, www.orpha.net : Primary lymphoedema - November 2007 - Document prepared in collaboration with: Dr Stephane Vignes / Consultation of the reference center for rare vascular diseases, Cognacq-Jay Hospital, Paris.

(2) Disipio T et al. Lancet Oncol 2013; 14: 500 Incidence of unilateral arm Lymphoedema after breast cancer: a systematic review and meta-analysis

(3) Beesley V et al. Cancer 2007 Jun 15;109(12):2607-14. Lymphoedema after gynecological cancer treatment : prevalence, correlates, and supportive care needs. Rasmussen E. et al. Radiat Oncol. 2013 Nov 19;8:271 Low rate of lymphoedema after extended pelvic lymphadenectomy followed by pelvic irradiation of node-positive prostate cancer.

Lymphoedema Stages

There are **4 stages of lymphoedema**.

Those stages can be grouped in **3 levels of severity**:

Mild

STAGE 0

- Swelling is hardly visible
- Symptoms are: heaviness of the affected limb, slight tingling and fatigue
- Takes several months or even years for the edema to appear

STAGE I

- Positive pitting sign possible
- Skin and tissue are not permanently damaged
- Reversible lymphoedema
- Volume excess is below 20%

Moderate

STAGE II

- Positive pitting sign
- Skin folds, inflammations and cutaneous modifications
- Non reversible edema
- Volume excess is between 20 and 40%
- Increased risk of skin infection

LATE STAGE II

- Positive Stemmer Kaposi sign
- Tissue fibrosis
- Permanent edema
- Skin folds, inflammations and cutaneous modifications
- Volume excess is between 20 and 40%
- Increased risk of skin infection

Severe

STAGE III

- Very voluminous limb
- Non regular limb shape with skin folds
- Permanent edema
- Negative pitting sign
- Dermatological complications
- Volume excess is above 40%
- Mobility decrease

Management of Lymphoedema

Patients presenting lymphedema should benefit from coordinated management and receive information adapted to their needs.

The main objectives of the treatment are:

- Reduction, then stabilization of the volume
- Improvement of the limb function
- Prevention of complication risks
- Patient education and psycho-social support

This chronic disease therefore requires continuous management, which can be split into two essential and complementary phases:



The reduction
phase



The maintenance
phase

that will follow one another depending on the evolution of the lymphoedema

***Medical compression is one of
the key elements of the
treatment***

The **reduction** phase

The reduction phase is also known as the intensive decongestive treatment.

Its goal is to achieve maximum reduction of the edema to come as close as possible to the volume of the opposite healthy limb.

THUASNE Protocol

The reduction phase is usually performed **using multi-component bandages**

The advantage of bandages is that they can be repositioned over and over to ensure the best possible fit to successive variations in edema volume.

There are different sorts of bandages and it is their combined use that reduces edema.

1

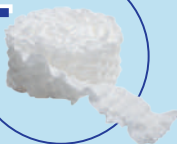


PROTECT the skin

SHORT-STRETCH COTTON BANDAGE

In direct contact with the skin, this tubular cotton bandage provides tight containment of the limb. Made of cotton, it provides soft and lined protection of the skin weakened by the lymphoedema.

2



MOBILIZE the edema

MOBIDERM BANDAGE

Used under a reducing bandage, the Mobiderm technology mobilizes edematous or indurated subcutaneous tissue.

3



CONTAIN the edema

BIFLEXIDEAL® SHORT-STRETCH BANDAGE

A short-stretch bandage (<100% stretch) as the third layer helps containment of the edema, as well as drainage in case of physical activity (high working pressure)⁽²⁾.

4



COMPRESS the edema

BIFLEX MEDIUM-STRETCH BANDAGE

A medium-stretch bandage as last layer applies constant pressure, even at rest.

BIFLEX 16+ (light) is recommended for mild to moderate lymphedema.

BIFLEX 17+ (strong) is recommended for moderate to severe lymphedema.

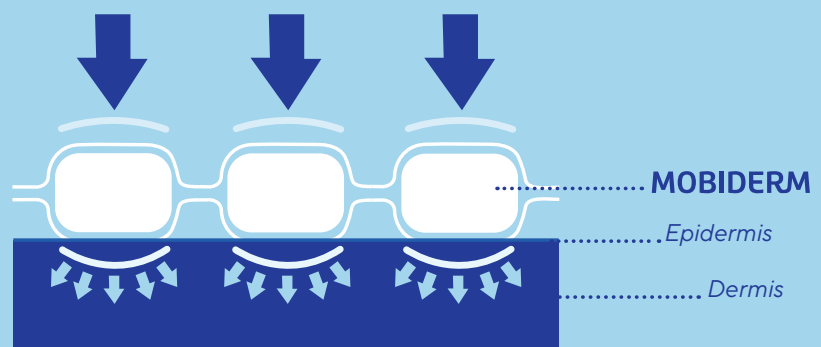


The **MOBIDERM** Technology

MOBIDERM is a medical device made up of foam blocks encased between two non-woven bandages.

The **MOBIDERM** Technology can be used under a reducing bandage (in its bandage or pad forms), or incorporated into mobilizing garments.

Due to the difference in pressure created between the support area of the blocks and their surrounding area, **it promotes the flow of lymphatic fluid and optimizes the drainage efficacy⁽¹⁾.**



EFFECTIVE

- Rapid volume reduction of the edema.

PRACTICAL

- Light and comfortable, it enables the patient to keep their freedom of movement.

COMFORTABLE

- Soft on the skin
- Ability of the product to contour the extremity provides a superior anatomical fit.

MOBIDERM Pads

Dimensions	Designation	Reference	Medivex Reference
25 cm x 1 m	Small blocks 5 mm x 5 mm	371001 03310001	Mobi - 105
20 cm x 1 m	Big blocks 15 mm x 15 mm	371001 03310002	Mobi - 106

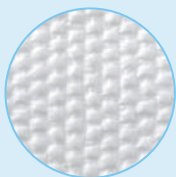


MOBIDERM Bandages

Dimensions	Designation	Reference	Medivex Reference
10 cm x 3 m	Small blocks 5 mm x 5 mm	372001 01030001	Mobi - 107
	Big blocks 15 mm x 15 mm	372001 01030002	Mobi - 108



2 block sizes



SMALL BLOCKS

- More effective in highly induced areas
- Better adapted to small anatomies (pediatric patients, hands/foot, breast, ...)



BIG BLOCKS

- Better adapted along the limb

Compression bandages

Cutaneous protection



SHORT-STRETCH COTTON BANDAGE

Non-elastic bandage

Tubular bandage. Composition 100% cotton.
Protection of skin surface under non-adhesive bandage.



Width	Length	Color	Reference	Medivex Reference
11 cm	4 m	White	010101 01140000	Mobi - 104



PROTECTIVE UNDERWRAP

Thin stretch foam bandage

Protection of skin surface under adhesive bandage.

Width	Length	Color	Reference	Medivex Reference
7 cm	27 m	White	550709 1000	Mobi - 111

Containment



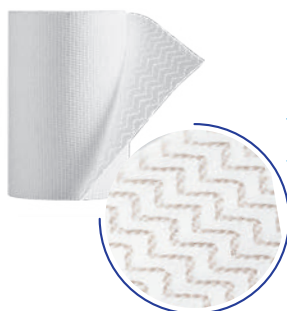
BIFLEXIDEAL®

Short-stretch compression bandage

Made of cotton and viscose, it is a soft and breathable bandage.
51.6% maximum stretch.⁽¹⁾



Width	Length	Color	Reference	Medivex Reference
3 cm	5 m	White	110002 00350000	Mobi - 102
8 cm	5 m	White	110002 00850000	Mobi - 103



BIPLAST

Adhesive short-stretch compression bandage

Herringbone adhesive application. Multidirectional adhesive-
ness right to the edge of the bandage. Flexible and adjustable.
50.2% maximum stretch.⁽²⁾

Width	Length	Color	Reference	Medivex Reference
3 cm	2.5 m	White	200001 00325000	Mobi - 109
10 cm	2.5 m	White	200001 01025000	Mobi - 110

Compression bandages



ELASTIC COMPRESSION

BIFLEX+ GRADUATED / BIFLEX EPI GRADUATED

Medium-stretch elastic bandage with fitting indicator (graduation)

Two-way elastic bandage.

Precise control of the pressure exerted thanks to the fitting indicator (graduation of the tension of the bandage).

3 versions

BIFLEX 16+
(Light)



Width

8 cm

Length

5 m

Color

Beige

Medivex Reference

Mobi - 1001-

BIFLEX EPI 16+
(Light)



8 cm

7 m

Beige

Mobi - 115

BIFLEX 17+
(Strong)



8 cm

4 m

Beige

Mobi - 101

10 cm

3 m

Beige

Mobi - 114



BIFLEX application in 2 simple steps

1/ STRETCHING

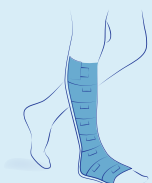


Rectangle → Square

2/ OVERLAPPING

BIFLEX 16+

Pressure ☐ ☐ ☐ ☐ ☐



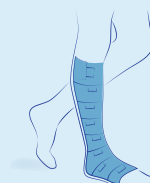
Half-square
Overlapping



Full-square
Overlapping

BIFLEX 17+

Pressure ☐ ☐ ☐ ☐ ☐



Half-square
Overlapping



Full-square
Overlapping

Compression bandages



Compression

BIFLEX+ PRATIC

Medium-stretch graduated elastic compression bandage with stirrup

Fitting stirrup makes this bandage easy to use. Enhances patient autonomy. Time saving for caregivers at home or at the hospital. 150.9% maximum stretch.⁽¹⁾

Designation	Width	Length	Color	Medivex Reference
BIFLEX 16+ PRATIC (Light)	10 cm	3 m	Beige	Mobi - 119
BIFLEX 17+ PRATIC (Strong)	10 cm	3 m	Beige	Mobi - 120



FOAM BANDAGE

Emulsified latex foam

Optimization of compression treatment by levelling out of anatomical relief.

The bevelled cut makes it possible to overlap the bandage as it is wrapped around without making it too thick.

Thanks to open cells foam, the bandage is permeable to air and helps preventing the risk of wound maceration.

Thickness	Width	Length	Medivex Reference
8 mm	8 cm	1 m	Mobi - 112
12 mm	10 cm	1 m	Mobi - 113

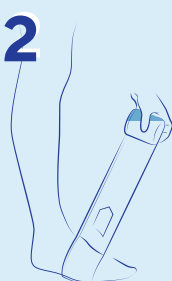
Pratic stirrup application

1



Slip on
the stirrup

2



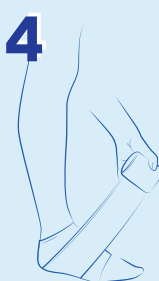
Seam on
the top
of the foot

3



1st turn
around
the heel

4



2nd turn
securing
from the
bottom

5



3rd turn
securing
from the
top

6



Circular
application

The **maintenance** phase

As soon a satisfactory volume reduction is achieved, the maintenance phase of the lymphoedema starts.

Its role is to stabilize the volume of the reduced limb in the initial phase, or even to continue the volume reduction, but also to avoid relapses and enable the patient to recover normal mobility.

This phase is conducted first with elastic compression garments which will be renewed regularly under the supervision of a healthcare professional.



Worn daily from waking up to bedtime, day-time compression garments ensure both:

- **compression** aimed at easing the circulation of the lymph to the heart, thus preventing the formation of edema.
- **containment** preventing the edema from recovering more than a certain percentage of volume, irrespective of its intrinsic expansion force.

A variety of garment models are available (stockings, sleeves...) in several compression classes.

Class	France (AFNOR G30 102B STANDARD)	Germany (RAL-GZ 387:2000 STANDARD)
Class 1	15 - 20 mmHg	23 - 32 mmHg
Class 2	20 - 36 mmHg	34 - 46 mmHg
Class 3	> 36 mmHg	> 49 mmHg



To optimize treatment efficiency, it is recommended to wear light compression device during rest and night-time.

MOBIDERM garments have been developed to mobilize the edema during rest and night-time. They offer an efficient, easy to use and comfortable alternative to self-bandage.⁽¹⁾

The maintenance phase also includes manual lymphatic drainage at a lesser frequency, as well as the learning of self-massaging and self-bandaging as needed. Lastly, it requires the practice of an adapted physical activity, skin cares and regular medical monitoring.

For rest and night-time treatment

MOBIDERM GARMENTS

In order to maintain results obtained during the intensive phase of multi-component bandages application, the patient must have access, during the maintenance phase, to a permanent and comfortable treatment.

Patient's autonomy will contribute to observance of the treatment prescribed and can guarantee its long-term success.

Taking over from day-time compression and as an alternative to self-bandage, **MOBIDERM** garments have been developed to continue mobilizing the edema during the night, and thereby reinforce the effects of the day-time treatment.⁽¹⁾⁽²⁾

These garments are made of a soft elastic material designed to deliver a soft pressure, well-accepted by patients in the rest and night-time phase⁽²⁾. They are fitted with the **MOBIDERM** Technology on the inside, which helps promoting lymphatic circulation with micro-massages.

Effective

- Reinforce the effects of the day-time treatment⁽¹⁾⁽²⁾
- Maintains the volume reduction of the edema⁽²⁾

Ease of use

- Enhances patient's autonomy and self-management
- A single garment to put on

Comfortable

- Unintrusive and discreet treatment⁽²⁾
- Do not disturb the sleep⁽²⁾



MOBIDERM autofit

Standard adjustable mobilizing garments

Description

The **MOBIDERM autofit** garments are designed to mobilize edematous or indurated subcutaneous tissues.

They are intended for the treatment of lymphoedema in maintenance phase for day and night to maintain the volume reduction.

The standard, self-adjustable garment adapts to most of patient's individual body shape and evolution overtime.

They are available in multiple models:

- For upper limb: **MOBIDERM autofit** armsleeve with mitten.
- For lower limb: **MOBIDERM autofit** below-knee or thigh-high.

For which patients

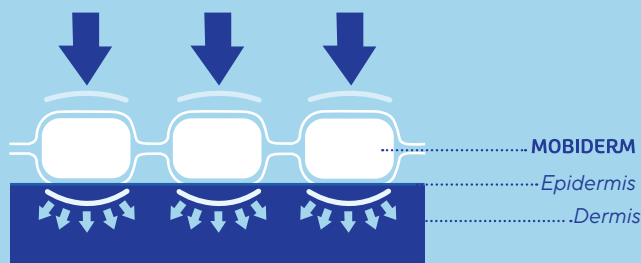
MOBIDERM autofit garments are recommended for patients presenting:

- Mild to moderate lymphoedema
- Regular or non-regular limb shape
- Stable or evolutive edema

Principle of action

The **MOBIDERM autofit** garments incorporate **MOBIDERM** technology that is made up of foam block encased between two non-woven bandages.

Due to the difference in pressure it creates between the support area of the blocks and their surrounding area, it helps stimulate the flow of lymphatic fluid and optimizes drainage efficacy.



Characteristics

Composition

- Outer layer: polyester, polyamide, elastane
- Inner layer along the leg/arm: adhesive non-woven, polyurethane foam (15 x 15 mm blocks)
- Inner layer foot/ hand level: adhesive non-woven, polyethylene foam (5 x 5 mm blocks)

Color: beige

Compression class: around 15 mmHg

MOBIDERM autofit

Standard adjustable mobilizing garments



Upper limb

Several tightening notches

- adaptation to most of patient's individual limb shape
- adjustment marks: precise and repeatable application, control of the edema volume variation

Velcro fasteners

easy and quick set up⁽²⁾

Semi-open garment

easy to put on, easy to take off⁽²⁾

Sleeve with attached retractable mitten

- helps limiting the risk of edema migration
- the hand can be freed for usual tasks

Sizes

Medivex Reference: Mobi - 121

Size	cA (in cm)	cC (in cm)	cD (in cm)	cG (in cm)	Reference normal ℓ = 40 - 45 cm	Reference long ℓ = 45 - 50 cm
Right armsleeve						
1	17 - 21	15 - 19	22 - 28	25 - 32	373302 20100261	373302 20100271
2	17 - 21	16 - 20	24 - 30	29 - 36	373302 20200261	373302 20200271
3	18 - 22	17 - 21	26 - 32	33 - 40	373302 20300261	373302 20300271
4	18 - 22	17 - 21	28 - 34	37 - 44	373302 20400261	373302 20400271
5	19 - 23	18 - 22	30 - 36	41 - 48	373302 20500261	373302 20500271
6	20 - 24	19 - 23	31 - 37	45 - 52	373302 20600261	373302 20600271
Left armsleeve						
1	17 - 21	15 - 19	22 - 28	25 - 32	373302 20100262	373302 20100272
2	17 - 21	16 - 20	24 - 30	29 - 36	373302 20200262	373302 20200272
3	18 - 22	17 - 21	26 - 32	33 - 40	373302 20300262	373302 20300272
4	18 - 22	17 - 21	28 - 34	37 - 44	373302 20400262	373302 20400272
5	19 - 23	18 - 22	30 - 36	41 - 48	373302 20500262	373302 20500272
6	20 - 24	19 - 23	31 - 37	45 - 52	373302 20600262	373302 20600272

ℓ: Length from wrist to axillary
cA: Hand circumference
cC: Wrist circumference
cD: Forearm circumference (at the widest point)
cG: Axillary arm circumference

Lower limb



Several tightening notches

- adaptation to most of patient's individual limb shape
- adjustment marks: precise and repeatable application, control of the edema volume variation

Semi open garment

easy to put on, easy to take off⁽²⁾

Velcro fasteners

easy and quick set up⁽²⁾

Double row

- wide adaptation range
- allows right or left leg use

Anti-slip sole

limits slippage when walking

Sizes

Medivex Reference: Mobi - 122

Below-knee

Size	cB (in cm)	cC (in cm)	cD (in cm)	Reference (right/left)			
				Short ℓD = 38 - 40 cm	Normal ℓD = 40 - 42 cm	Long ℓD = 42 - 44 cm	Xtra Long ℓD = 44 - 46 cm
1	16 - 24	24 - 35	25 - 36	37340120100231	37340120100232	37340120100233	37340120100234
2	20 - 28	32 - 43	32 - 43	37340120200231	37340120200232	37340120200233	37340120200234
3	24 - 32	40 - 51	39 - 50	37340120300231	37340120300232	37340120300233	37340120300234
4	28 - 36	48 - 59	46 - 57	37340120400231	37340120400232	37340120400233	37340120400234

Thigh-high

Size	cB (in cm)	cC (in cm)	cG (in cm)	Reference (right/left)			
				Short ℓG = 67 - 72 cm	Normal ℓG = 72 - 77 cm	Long ℓG = 77 - 82 cm	Xtra Long ℓG = 82 - 87 cm
1	16 - 24	24 - 35	46 - 57	37350120100231	37350120100232	37350120100233	37350120100234
2	20 - 28	32 - 43	53 - 65	37350120200231	37350120200232	37350120200233	37350120200234
3	24 - 32	40 - 51	61 - 72	37350120300231	37350120300232	37350120300233	37350120300234
4	28 - 36	48 - 59	68 - 80	37350120400231	37350120400232	37350120400233	37350120400234

ℓD: Floor-to-knee height (measurement taken below the bend of the knee, back side)

ℓG: Floor-to-thigh height (measurement at the gluteal fold)

cB: Ankle circumference (at the narrowest point)

cC: Calf circumference (at the widest point)

cD: Below knee circumference (on the head of the fibula)

cG: Thigh circumference (at the widest point)

MOBIDERM STANDARD

Standard mobilizing garments

Standard products: **faster availability!**



Description

The **MOBIDERM** standard garments are designed to mobilize edematous or indurated subcutaneous tissues.

They are intended for the treatment of lymphedema in maintenance phase for day and night to maintain the volume reduction.

They are available in 3 models: armsleeve ①, mitten ② or glove ③

For which patients

MOBIDERM standard garments are recommended for patients presenting:

- Mild to moderate lymphedema
- Regular limb shape
- Stable lymphedema volume

Characteristics

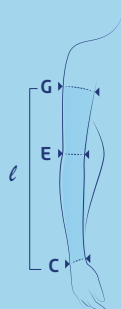
Composition⁽¹⁾:

- Outer layer: polyamide, elastane
- Armsleeve inner layer: adhesive non-woven, polyurethane foam (15 x 15 mm blocks)
- Mitten and glove inner layer: adhesive non-woven, polyethylene foam (5 x 5 mm blocks)

Color: beige

Compression class: around 15 mmHg⁽²⁾

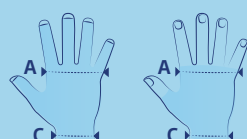
Sizes



Armsleeve

Medivex Reference: Mobi - 116

Size	cC	cE	cG	Reference (right / left)	
				Normal ℓ = 40 - 45 cm	Long ℓ = 45 - 50 cm
1	14 - 16 cm	22 - 25 cm	25 - 29 cm	373002 20100232	373002 20100233
1+		24 - 27 cm	28 - 32 cm	373002 40100232	373002 40100233
2	16 - 18 cm	25 - 28 cm	29 - 33 cm	373002 20200232	373002 20200233
2+		27 - 30 cm	31 - 35 cm	373002 40200232	373002 40200233
3	18 - 20 cm	28 - 31 cm	32 - 36 cm	373002 20300232	373002 20300233
3+		30 - 33 cm	35 - 39 cm	373002 40300232	373002 40300233
4	20 - 22 cm	31 - 34 cm	35 - 39 cm	373002 20400232	373002 20400233
4+		33 - 36 cm	38 - 42 cm	373002 40400232	373002 40400233
5	22 - 24 cm	34 - 37 cm	38 - 42 cm	373002 20500232	373002 20500233
5+		36 - 39 cm	41 - 45 cm	373002 40500232	373002 40500233



A: Hand circumference
(head of metacarpal bones)
C: Wrist circumference
E: Elbow circumference
G: Axillary arm circumference

Glove and Mitten

Medivex Reference: Mobi - 118

Mobi - 117

Size	cC	cA	Glove		Mitten
			Reference right	Reference left	Ref (right / left)
1	14 - 16 cm	15 - 17 cm	373201 20100201	373201 20100202	373101 20100299
2	16 - 18 cm	17 - 19 cm	373201 20200201	373201 20200202	373101 20200299
3	17 - 19 cm	19 - 21 cm	373201 20300201	373201 20300202	373101 20300299
4	19 - 21 cm	21 - 23 cm	373201 20400201	373201 20400202	373101 20400299
5	20 - 22 cm	23 - 25 cm	373201 20500201	373201 20500202	373101 20500299
6	21 - 23 cm	25 - 27 cm	373201 20600201	373201 20600202	373101 20600299



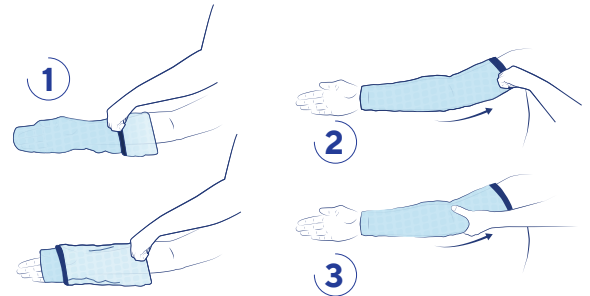
Fitting Instructions

MOBIDERM garments can be worn directly on the skin or with a cotton layer in between in case of sensitive skin.



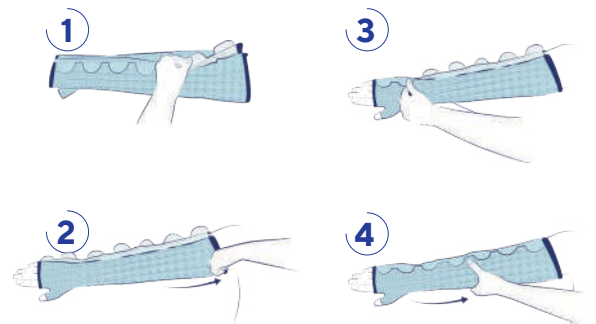
MOBIDERM MADE-TO-MEASURE PATIENT OR STANDARD

- Turn the garment over onto itself ①
- Slide the garment along the limb to the desired position ②
- Massage the limb to ensure an even distribution of foam blocks ③
- *For Mitten and Glove* - Make sure the foam blocks are positioned on top of the hand
- *For Mitten and Glove* - If combined with an armsleeve, position it over the armsleeve
- *For Mitten* - The garment is ambidextrous, simply flip it inside



MOBIDERM autofit

- Open all hook-and-loop fasteners ①
- Slide the garment along the limb to the desired position ②
- Close the hook-and-loop fasteners by starting with the distal extremity and moving up ③
- Proceed in several steps until you reach the setting recommended by your healthcare professional (+/++/+++ /+++++)
- Massage the limb to ensure an even distribution of foam blocks ④



Care Instructions

It is recommended to wash your **MOBIDERM** garment daily (or after each use).

ALL MOBIDERM GARMENTS

- Machine wash at wool cycle or cold temperature.
- Use a washing product without softener. Do not use detergents, fabric softeners or aggressive products (products containing chlorine).
- Place the garment in a wash bag to make sure other garments (particularly those with touch fasteners or zips) do not damage it.
- Dry well away from any direct heat source (radiator, sun, etc.).
- Do not tumble-dry.
- Do not iron.



MOBIDERM autofit

When not used, the garment should be kept flat, with the velcro fasteners closed. If it must be folded, position the hooks pointing outward.



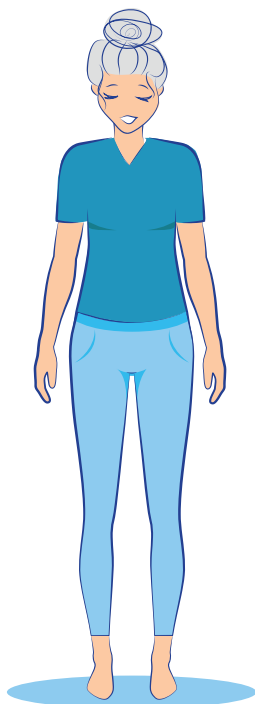
Discover all available video tutorials presenting **MOBIDERM autofit** fitting instructions on our **Thuasne YouTube channel!**

DAILY EXERCISES

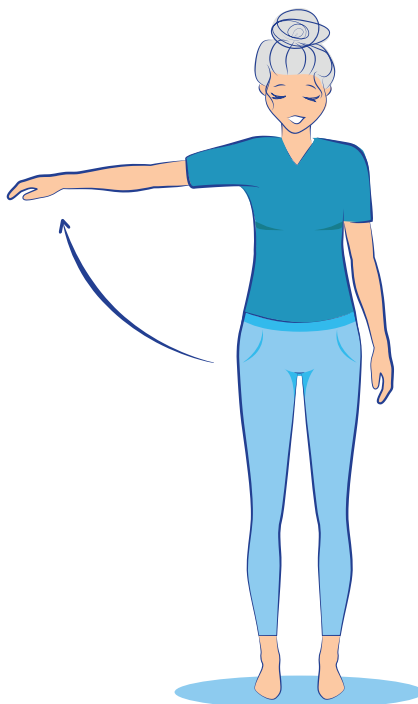
Upper limb lymphoedema:

Exercise

Arm stretching exercise on the wall



- Stand upright, well balanced, with legs slightly open, facing the wall



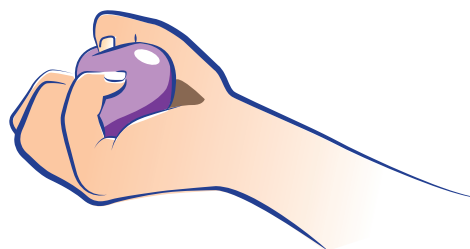
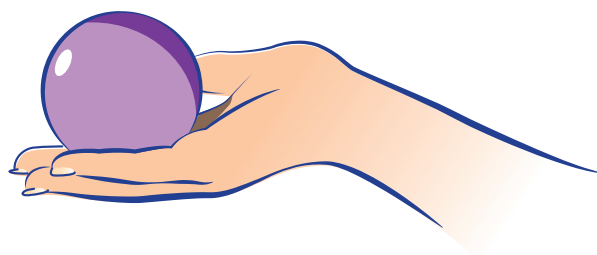
- Raise your arm slowly until you reach a point on the wall above your head
- Repeat this exercise slowly



Exercise

With a rubber ball

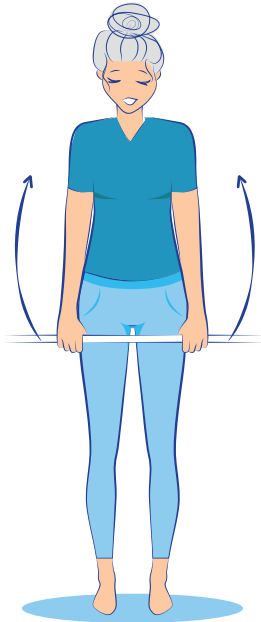
- Roll the ball in your hand on the affected side by raising your arm slightly
- Repeat this exercise regularly



How to take care of your lymphoedema

Exercise

With a stick



Stand upright, well balanced with legs slightly open, facing the wall



Without bending your elbows, raise your arms and place the stick above your head

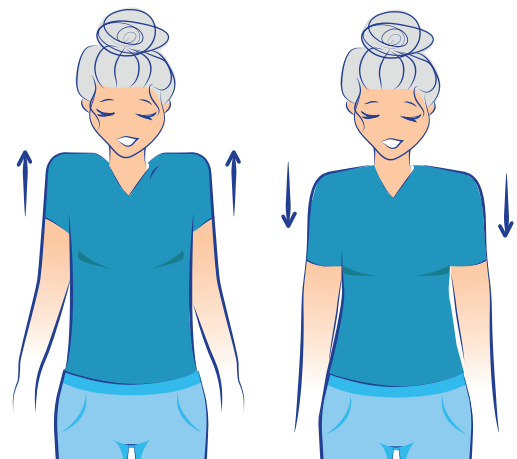


Stop at the top and bend your arms while slowly lowering the stick behind your head, keeping it horizontal

Exercise

Shoulder movement

- Stand upright, well balanced, legs slightly open
- Sleep your arms at your sides and move your shoulder in small rotations



- After rotating both shoulders, raise and lower the shoulder
- Repeat for both shoulders

DAILY EXERCISES

Lower limb lymphoedema:

Exercise

Leg elevation

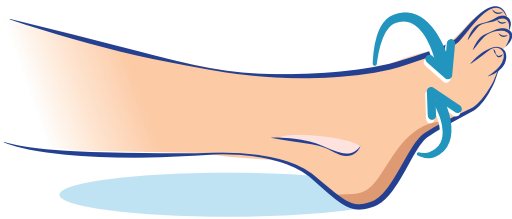
- Put yourself in an upright position, raising your legs on a chair, a desk, a stool... So that your heels are higher than your buttocks
- This will help promote the veno-lymphatic system



How to take care of your lymphoedema

Exercise

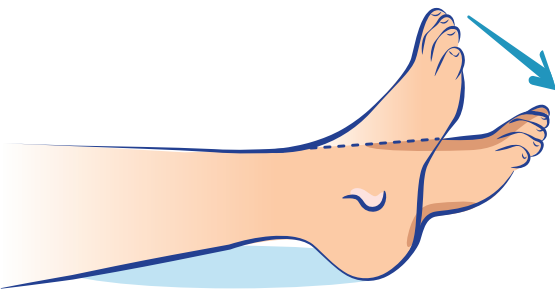
Lymph circulation stimulation



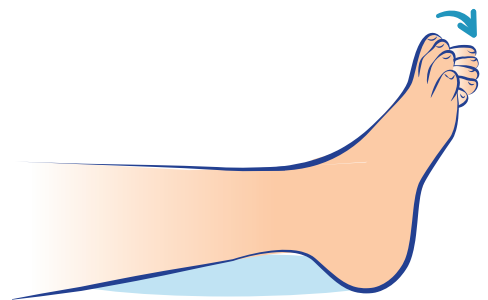
Make circles with your foot



Move your foot left to right



Stretch your foot, down then up



Bend and extend your toes

Repeat these exercises (only for the leg where your lymphoedema is located) several times a day, wearing your prescribed compression garments.



THUASNE

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