

Treatment Frequency and Expected Outcome

More frequent treatments — for example, a half hour three times a week — will address the inflammatory process in the acute and subacute stages.

See stress reduction, musculoskeletal concerns, scars, pregnancy, deep vein thrombosis, conditions of the peripheral nervous system and spinal cord injuries in this text for related treatments.

Ongoing treatments are required with chronic edema, especially following lymph node removal and with peripheral nerve lesions.

The outcome is variable, depending on the nature of the underlying cause of the edema (for example, edema following a trauma, as opposed to edema due to surgical removal of lymph nodes). Outcome will also depend on the client's age, general health and compliance with the self-care program.