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*“We aim to restore dignity,
preserve autonomy and
improve quality of life for
people with lymphoedema .*

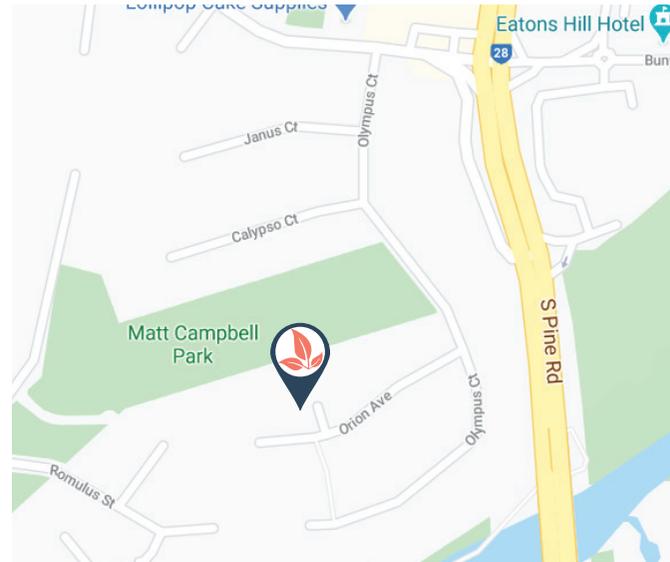
*Life is too short to start the
day with broken pieces of
yesterday*

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 **J·M LYMPHOEDEMA CLINIC**

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**J·M
LYMPHOEDEMA
CLINIC**

**LYMPHOEDEMA TREATMENT
& SUPPORT**



COMPLEX LYMPHATIC THERAPY

We specialise in the Casley-Smith Method of Complex Lymphatic Therapy (CLT), which is the most effective treatment for lymphoedema, lipoedema, & chronic venous insufficiency. CLT involves some or all of the following treatments:

- Manual lymphatic drainage massage
- Compression garments
- Bandaging
- Diet & exercise
- Early detection of Lymphoedema

Lymphoedema means chronic swelling due to the lymphatic system being under developed, damaged or injured.

We can help you with early detection and intervention for lymphoedema and help reduce the impact it can have on your life and the expense of an intensive treatment

CONDITIONS THAT BENEFIT FROM MANUAL LYMPHATIC DRAINAGE MASSAGE

- Lymphoedema
- Lipoedema
- Venous insufficiency
- Pre and post surgery
- General health and wellbeing
- Chronic fatigue syndrome
- Tattoo removal
- Weight loss
- Post air travel

TREATMENT OPTIONS

Manual Lymphatic Drainage Massage (MLDM) is a particularly light and gentle form of bodywork designed to decongest and enhance the flow of the body's lymphatic fluid through to an area where it can be cleansed, returned to the heart, and removed from the body.

Compression garments are a piece of clothing such as an anklet, stocking, pantyhose, bra, armsleeve, etc, that provides support to an area of the body if you suffer from poor circulation, varicose veins, blood clots and where swelling is present. The garments come in varying degrees of compression calculated in milligram of mercury, which can be determined by your doctor or lymphoedema therapist.

Bandaging is usually applied when swelling is noticeably present. It represents the intensive part of the treatment. It consists of a daily change of bandages until satisfactory reduction is obtained and no more than 10 days. We make this decision based on the results.

With a background in fitness and massage, we can help you choose and design which **exercise/activity** would best suit your condition and manage lymphoedema. We can keep you moving and help you find a healthier you and fulfillment.



EMMETT TECHNIQUE

The Emmett Technique is a unique body therapy technique that offers an alternative treatment to ease pain and discomfort and may benefit many conditions. The Emmett Technique works on the understanding that once identified, working on a critical point with the smallest input can result in the greatest change in the complex human body, effecting sensory and muscular receptors and activating an emotional state.

When performing Complex Lymphatic Therapy, we will often incorporate the Emmett Technique into your treatment to provide the maximum benefit possible.