

Brostrom Physical Therapy

Lipedema

From the desk of: Amy Waltz, PT, MPT, CLT



Do the images above resemble your legs or the legs of someone you know? If so, you may have a disorder called lipedema or lipo-lymphedema. It is chronic medical condition that is caused by a build-up of fat in the hips, thighs and calves that then blocks the vessels in the lymphatic system. This causes pain, bruising and swelling; eventually it can progress into the arms as well. It is a very common yet underdiagnosed disorder. A typical presentation of lipedema is a woman who has larger legs and a small upper body that are not in proportion to each other. The legs often have a fair amount of cellulite but typically no swelling or fat in the tops of the feet. The swelling occurs in both legs equally.

The cause of lipedema is currently unknown but the leading theory is that hormones are the main contributor as it affects mainly women and generally it begins or gets worse after puberty and pregnancy. To date, lipedema has no cure but the symptoms can be managed. This is often done through a specific type of massage called manual lymphatic drainage that is designed to stimulate the lymphatic tissue in the legs to help reduce the pain and swelling that can occur. Physical therapy can be an effective management tool for treating lipedema. If you think that you or someone you know may have lipo-lymphedema or lipedema, discuss this with your doctor to see if a referral to a certified lymphedema physical therapist is appropriate.

About the Author: Amy is a Certified Lymphedema Therapist (CLT) with over 15 years experience in the physical therapy field, including with patients diagnosed with lymphedema or lipedema. As a Certified Lymphedema Therapist, Amy will begin with an assessment to collect medical history and use different measures to identify the type and severity of symptoms. Then, a treatment plan and goals are drafted that are unique to the patient and their condition. Patients will also receive and are instructed in skin care, self-bandaging, and a home exercise program.

Quote of the Month:

**"IF YOU DON'T LIKE SOMETHING, CHANGE IT. IF YOU CAN'T CHANGE IT, CHANGE YOUR ATTITUDE."
– MAYA ANGELOU**



With credit to: <https://www.ambitiouskitchen.com/baked-pumpkin-oatmeal-cups/>

Recipe of the Month: Pumpkin Chocolate Chip Oatmeal Cups

Wet Ingredients:

- 3/4 cup pumpkin puree
- 1/2 cup creamy natural peanut butter (or pecan/almond butter)
- 2 large eggs
- 1/4 cup pure maple syrup
- 3/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract

Dry Ingredients:

- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/3 cup chocolate chips, +2 tablespoons for sprinkling on top

Prep:
15 min.

Cook
25 min.

Yields:
12

Directions:

1. Preheat oven to 350°F. Line a 12 cup muffin pain with muffin liners and spray with nonstick cooking spray to prevent oatmeal cups from sticking.
2. In a medium bowl, mix together all the wet ingredients until well combined.
3. Next, stir in the oats, baking powder, cinnamon, allspice, ground ginger and salt; stir well and combined. Fold in 1/3 cup chocolate chips into batter.
4. Evenly distribute oatmeal batter between muffin liners. Sprinkle extra chocolate chips on top and bake for 25-30 minutes.

**NATIONAL
PHYSICAL
THERAPY
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AMERICAN PHYSICAL THERAPY ASSOCIATION

**October is National Physical
Therapy Month! Brostrom
Physical Therapy would like to
use this opportunity to thank
you for your outstanding
support. We appreciate you!**

Brostrom Physical Therapy

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