

Lymphedema Support

PATIENT INFORMATION SHEET

Lymphedema happens when fluid called “lymph” builds up, causing swelling in a part of your body. If you have had cancer treatment, surgery, an injury, or a condition that affects your lymph nodes, you might be at risk for lymphedema.

Signs of Lymphedema

If you have lymphedema, you might notice:

- A feeling of fullness or heaviness in the affected limb
- Tightness in the skin
- Less movement or flexibility in your hand, wrist, shoulder, or ankle
- Clothing or jewelry feeling tight in one area
- Unusual swelling in the affected part of your body

Managing Lymphedema

The main goal of treating lymphedema is to reduce swelling, keep it from getting worse, and lower the chances of other problems. Taking care of it every day is very important. The most common treatment is called Complete Decongestive Therapy (CDT). This treatment includes:

- Manual Lymph Drainage (MLD) - a special massage to move the lymph fluid
- Compression therapy - wearing things like elastic bandages, sleeves, or tights to help control swelling
- Exercise - moving your muscles and joints to help the fluid flow
- Good skin care - using gentle, antibacterial soaps and lotions that are good for your skin

CDT must be performed by an experienced and certified therapist who has completed a comprehensive training specific to lymphedema.

The Lymphedema Association of Ontario (LAO) can be a helpful resource to you. The LAO offers information on treatment, products, resources, certified therapist directories, support groups and more. To learn more, visit lymphontario.ca

Please note that comprehensive lymphedema treatment is not covered by OHIP, however other funding supports may be available

Certified Lymphedema Therapists near Southlake Health
(last updated January 2025)

AURORA

Out of the Woods Wellness Centre
220 Industrial Pkwy South, Unit 34
outofthewoodswellness.com
(289) 796-1817

BARRIE

Integrative Physiotherapy and Wellness
250 Bayview Dr, Unit 1
integrativephysio.ca
(705) 503-1250

Freedom Massage & Lymphedema
Clinic 15 Gallie Ct, Suite 305
FreedomMassageClinic.com
(705) 627-3168

MARKHAM

Markham Lymphatic Centre
25 Royal Crest Ct, Unit 101
markhamlymphaticcentre.com
(647) 478-7455

NEWMARKET

RW Massage Therapy
17665 Leslie St, Unit 37A
rwmassagetherapy.ca
(647) 654-9257

East Gwillimbury Physiotherapy
22 Main St North, Suite 3
egphysiotherapy.com
(905) 716-8220

York Rehab
730 Davis Dr, Unit 1
yorkrehab.com
(905) 715-7201

STOUFFVILLE

Cedar Valley Healing Arts Centre
4277 Faulkner Ave
iahp.com/pamela_polley
(416) 578-5728

VAUGHAN

Pain and Wellness Centre
2301 Major Mackenzie Dr West, Unit 101
thepwc.ca
1-800-597-5733

THORNHILL

Thornhill Sports Injury and Pain Clinic
7131 Bathurst St
thornhillsportsinjury.com
(905) 882-4476

Women's Lymphedema Clinic
30 Disera Dr, Suite 200
(647) 220-4000

To find other Certified Lymphedema Therapists near you, visit lymphontario.ca/directory