



About Us:

Rhode Island Therapy & Wellness For Women (RITWW) understands that sometimes our patients are dealing with sensitive health issues that require an environment of care that is both comfortable and professional. Our all female staff of certified physical and occupational therapists provide services that address an array of health issues that span many disciplines.

Clinic Sites with Lymphedema Programs

South County: Crossing At The Towers
3045 Tower Hill Road
Bldg A - Unit 2
Saunderstown, RI 02874
P (401) 783-5500
F (401) 783-5570

Hours & Payment Info

Appointments are available
Monday through Friday.

We offer early morning and evening visits to
accommodate work schedules.

We accept most major insurances
and offer affordable self-pay rates.

www.RITWW.com

 THERAPY & WELLNESS
FOR WOMEN
3045 Tower Hill Road | Bldg A - Unit 2
Saunderstown, RI 02874



THERAPY & WELLNESS
FOR WOMEN



“Beyond Lymphedema...
Getting Back to Life”



www.RITWW.com

LYMPHEDEMA

RIT THERAPY & WELLNESS FOR WOMEN

About Lymphedema

Lymphedema is a chronic and progressive condition in which the body is unable to properly remove excess lymph fluid and proteins from affected areas due to damaged lymph nodes. Lymphedema has a slow, progressive onset and can feel heavy or achy. Patients may suffer from swelling, a feeling of liquid in the extremities, and a decrease in coordination and dexterity. A person with lymphedema may have difficulty walking, showering, getting dressed and using the stairs.

“Lymphedema cannot be cured; however with appropriate treatment and continued care, it can be managed.”

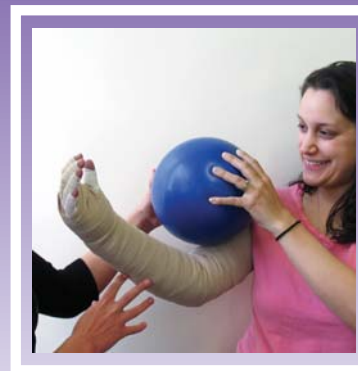
Causes of Lymphedema:

Present at Birth • Cancer
Trauma • Infection • Surgery
Lymph Node Removal
Radiation Treatment

Lymphedema Programs

Complete Decongestive Therapy (CDT) is a non-invasive, highly effective treatment for the management of lymphedema. CDT consists of two phases: an intensive phase and a homecare/maintenance phase. Phase I, the intensive phase, is comprised of Manual Lymph Drainage (MLD), compression bandaging, remedial exercise, instruction in meticulous skin and nail care, and overall self-maintenance. During this four to six week period, CDT is a daily, one-on-one treatment in a private room with a certified therapist.

In Phase II, the maintenance phase, a patient is fitted for compression garments that are worn during the day. The patient is able to self-bandage every night and engage in daily exercises. Skin and nail care is continued in this phase. Follow up visits occur every six months to a year. RIRC and RITWW also offer independent follow up appointments for MLD treatment to assist with maintenance after therapy is completed.



Manual Lymph Drainage (MLD) is a technique that increases the movement of excess lymph fluid away from a congested area, toward intact lymph vessels and nodes. This allows fluid to be removed from the body. MLD feels similar to a light massage, and has an analgesic effect on the body. It helps to improve immune function and promote relaxation.

Individualized exercise programs are specially designed by certified therapists to increase a patient's flexibility, endurance, and cardiovascular training.

Group classes include Yoga, Aqua Therapy, Pilates, Tai Chi from the Arthritis Foundation® and the Lebed Method® of dance therapy. These medically based programs help to heal through movement, relieve pain, restore flexibility and balance, combat fatigue, and encourage emotional recovery.

Visit www.RITWW.com for more information on new programs and class locations and schedules.