

LYMPHEDEMA SERVICES AT VALLEY

The Valley Outpatient Occupational Therapy Department provides skilled interventions to patients diagnosed with lymphedema of upper and or lower extremities through Complete Decongestive Therapy (CDT). CDT is comprised of thorough education in managing your diagnosis as well as developing a treatment plan that includes manual lymph drainage, appropriate recommendations for compressive therapies, and establishing a home exercise program.



Our Certified Lymphatic Therapists

All certified lymphatic therapists at Valley are trained in successful management of lymphedema through the Norton School of Lymphatic Therapy. Additionally, we hold certifications through LANA-Lymphology Association of North America and PORI-Physiological Oncology Rehabilitation Institute.

Our Services and Skills:

- ✓ Manual lymph drainage
- ✓ Compression therapy
- ✓ Exercise
- ✓ Skin/wound care

For more information and to schedule, please call 201-447-8131.

Locations:

505 Goffle Road
Ridgewood, NJ 07450

The Valley Center for Health and Wellness
1400 MacArthur Boulevard
Mahwah, NJ 07430

