

myLife • quality care

because
your life
is *my life*

Meet **Lisa Wright Parnell**,
MSOT, OTR/L, SHSS,
CLT-ALM, UDN-C,
DAPWCA



Lisa, the owner of My Life Occupational Services, LLC, graduated from the University of South Alabama with a Master of Science Degree in Occupational Therapy in 2006 and is board certified through the National Board for Certification in Occupational Therapy, Inc. Lisa also attended the Academy of Lymphatic Studies to become a Certified Lymphedema Therapist which includes expertise in Manual Lymphatic Drainage and Complete Decongestive Therapy. She received an Advanced Certification in Lymphedema Management including Lymphedema affecting the head and neck, lymphatic correction using elastic taping method, advanced bandaging and wound care.

Additional Certifications:

- Chickly Health Institute: Lymphatic Drainage Therapy LDT1, LDT2, LDT3, LDTA, Brain 1, applications to Chronic Fatigue Syndrome, Fibromyalgia, MS and Chronic Neuroinflammatories
- International Lymphedema and Wound Training Institute: Certified Wound Therapist (CWT)
- Age Safe in America: Senior Home Safety Specialist (SHSS)
- United Dry Needling Education LLC: Dry Needling (UDN-C)

Memberships:

- American Occupational Therapy Association
- Professional Wound Care Association, Diplomatic Member
- University of South Alabama Alumni Association, Lifetime Member

Services:

- Outpatient and in-home occupational therapy services complete decongestive therapy
- manual lymphatic drainage
- dry needling
- scar release therapy
- home safety evaluations

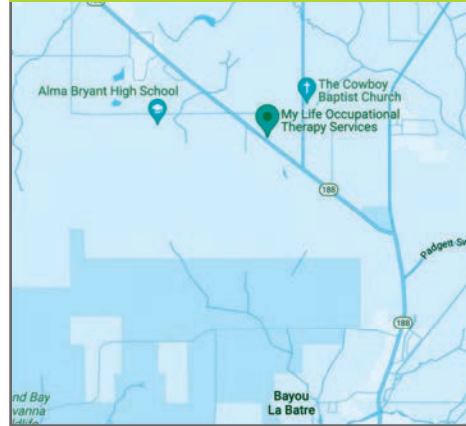
Schedule a Lymphatic Drainage Appointment today!

Call: (251) 824-2515

Email: lisa@mylifeotservices.com

myLife • starts here

9420 AL-188/ Suite 9 • Irvington, AL



www.mylifeotservices.com

Check us out on Facebook!

- Insurance & Self Pay Options Available
- Most insurances are accepted for medically necessary services.
- We encourage you to speak with your physician prior to initiating any therapy treatment.

Referrals can be faxed to
251-650-1908.



manual lymphatic
drainage

Let's Connect!

Feel healthy and boost
your defenses against
illness!

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what is *manual lymphatic drainage*?

Manual Lymphatic Drainage (MLD)

is a light, (skin-stretch) technique that helps promote the movement of lymphatic fluid. This technique should only be done by a certified therapist in manual lymphatic drainage. It is primarily used in conjunction with Complete Decongestive Therapy in those with a damaged lymphatic system, such as, ones with Primary and Secondary Lymphedema, Lipedema, postoperative or posttraumatic edema, chronic venous insufficiency, etc. **MLD can be beneficial for people with a healthy lymphatic systems as well!** Since the lymphatic system clears the body of cellular wastes, proteins, excess fluid, viruses and bacteria, it's important to keep the channels flowing. MLD can be used as a safe way to detox or help rid your body of harmful toxins from the air we breathe, preservatives in foods we eat as well as the by-products used in medications we need to take everyday.

DETOX & keep
the **CHANNELS**
flowing!



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Key Benefits:

- improves circulation
- prevention and reduction of varicose veins
- reduces swelling and water retention
- aids in weight loss
- strengthens loose skin
- decreases inflammation due to surgery or injury
- decreases joint pain
- decreases stress and anxiety
- encourages healthy sleep patterns
- reduces headaches and migraines
- boosts energy levels
- improves rate of wound healing
- decreases sinus congestion
- reduces snoring
- improves constipation
- improves appearance of skin

Reasons for Manual Lymphatic Drainage:

Chronic fatigue • Brain fog • Bloat • Acne • Scarring
Allergies • Acute Burns or Skin Trauma • Pre/Post Plastic Surgery • Ankle Sprain • Whiplash • Concussion • Venous Ulcers • Irritable Bowel Syndrome • Crohn's Disease
Diverticulitis • Fibromyalgia • Chronic Pain • Compromised Immunity • Sleeping Disorders • Chronic Inflammation • Sinusitis • Tennis/Golfer's Elbow • Arthritis
Joint surgery or replacement • Lupus • Scleroderma
Lupus • Cystic Fibrosis • Asthma • Multiple Sclerosis
Pregnancy and post partum symptoms • Depression
Swollen Legs and Ankles • Palliative Therapy • Lymphedema • Lipedema • Chronic Venous Insufficiency

Always check with your doctor if you are unsure if Manual Lymphatic Drainage is right for you.

The **Lymphatic System** clears the body of cellular wastes, proteins, excess fluid, viruses and bacteria. **When the lymphatic system is working well, we feel healthy and have a good defense against illness.**



When Lymphatic System is clogged or sluggish, you may experience joint pain, swelling or stiffness, fatigue, depression, brain fog, headaches, low energy, sinus infections, or susceptibility to illness. 🙄

Let us help you live
your **BEST** life!



**myLife**
rehab & wellness