

Letter of Medical Necessity

Date: _____
RE: _____

To Whom It May Concern:
I had the pleasure of seeing Mr./Mrs. _____ on _____

He/she was found to have Primary/Secondary Lymphedema of the arm() leg() right() left() both() Stage 1() 2() 3()

I believe he/she will benefit from a CDT program (Complete Decongestive Therapy) as the Golden Standard for Lymphedema Therapy.

It will be given daily for a total of _____weeks.

1. Meticulous skin and nail care, including the eradication of any infection

2. Manual Lymph Drainage, a manual treatment technique that stimulates lymph vessels to contract more frequently and that channels

lymph and edema fluid toward adjacent, functioning lymph systems. Manual Lymph Drainage begins with stimulation of the lymph vessels

and nodes in adjacent basins (neck, contralateral/ipsilateral axilla and/or groin), which is followed by manual decongestion, in segmental order,

of the involved trunk, upper part, lower part of the extremity, wrist (ankle),and hand (foot). Edema fluid and obstructed lymphatics are made to

drain toward the venous angle, toward functioning lymph basins across the midline of the body, down toward the groin, over the top of the shoulder,

around the back,and SO forth.

3. Compression Bandaging is done immediately after Manual Lymph Drainage. Bandages are applied from the distal to the proximal aspect of the

extremity with maximal pressure distally and minimal pressure proximally. This is done by using several layers of cotton bandages or foam materials

to ensure uniform pressure distribution or to increase pressure in areas that are particularly fibrotic. The bandages do not constrict blood flow but increase

diminished skin and interstitial pressures. This prevents any reaccumulation of excavated edema fluid and also prevents the ultrafiltration of additional

fluid into the interstitial space.

4. The bandaged patient is next guided through a series of decongestive exercises with the muscles and joints functioning within closed space.

The exercises increase lymph flow in all available lymph channels and in collateral pathways that are used to make the passage to the venous angle.

This should reduce his/her swelling and stabilize his/her condition. Without this therapy, his/her swelling can be expected to progress and lead to

complications.

The patient will also be instructed in a home maintenance program SO that he/she can continue treatment on his/her own at home.

Sincerely,

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Complete Decongestive Therapy: Each CDT treatment consists of four Steps:
treatments of Complete Decongestive Therapy.