

Integrated Cancer Centre, Suite 223, Level 2 Clark Tower  
Sydney Adventist Hospital, 185 Fox Valley Road  
Wahroonga, 2076 (Located next to NHOG)  
Phone **9480 6260** Email [admin@lymphphysios.com.au](mailto:admin@lymphphysios.com.au)



**Lymphoedema  
& Surgical  
Physiotherapy**

We are a team of experienced lymphoedema trained physiotherapists.

**Our services include:**

- Education, assessment, surveillance for prevention, treatment, and management of Lymphoedema
- Compression bandaging
- Lymphatic drainage
- Pre- and post-operative assessment/education
- Exercise prescription
- Massage
- Musculoskeletal physiotherapy
- Scar management
- Treatment for AWS/cording
- Prescription and supply of custom and ready to wear compression garments
- Fitting and supply of Lymph O Fit bras

**Equipment:**

- SOZO - Bioimpedance Spectroscopy (Ldex)
- Delfin Lymph Scanner – Tissue dielectric constant (percentage body water)
- LASER
- Intermittent pneumatic segmental compression (Lx9 compression pump)
- Ultrasound
- Transcutaneous electrical nerve stimulation
- Negative pressure therapy

In line with ALA Position Statement (November 2019) we recommend pre-operative assessment and post-operative follow-up for all patients undergoing lymph node dissection.

**Costs/Claims:**

Initial consultation \$165\*

Standard/follow-up Consultation \$150\*

Lymphoedema Hospital Programs available through eligible health funds  
Enhanced Primary Care Programs through Medicare

\*Claimable under health funds with extras cover