

Lymphology 29 (1996) 76-82

TREATMENT OF LYMPHEDEMA BY COMPLEX PHYSICAL THERAPY, WITH AND WITHOUT ORAL AND TOPICAL BENZOPYRONES: What Should Therapists and Patients Expect

J.R. Casley-Smith, Judith R. Casley-Smith

Henry Thomas Laboratory (Microcirculation Research), University of Adelaide, Australia

ABSTRACT

Using previously presented data, from an open multi-centered trial, the Medians and Third Quartiles were calculated for the overall edema reductions the "average" patient received from an "average" therapist using Complex Physical Therapy (CPT) on 628 lymphedematous limbs. These data provide therapists and patients a general guideline as to the minimal reductions which can be expected in three quarters of patients from average therapists, using CPT with or without the administration of benzo-pyrones. Benzo-pyrones were considered separately: oral (given for three months before and for 11 months after the course of CPT) and topical (during and after CPT). Depending on which measure of edema and its alterations were used, these reductions increased those from CPT alone from 130% to 200% and, after one year, between 150% to 300%. Whereas the effects of oral and topical benzo-pyrones were not statistically different, their combined usage was more effective than use of either alone.