

**BRIEF COMMUNICATION****DEVELOPMENT AND EVALUATION OF A NEW APPARATUS  
FOR LYMPH DRAINAGE: PRELIMINARY RESULTS**

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**ABSTRACT**

*Due to the lack of a specific treatment apparatus that enhances lymph flow, we developed a simple, easy-to-use, portable device for patients presenting with lower extremity lymphedema. The aims of the present study were to demonstrate the design and operation of the equipment and to test its efficacy. The new apparatus encourages articulation of the ankle and contraction of the muscles of the calves and feet. Eight patients with clinically diagnosed primary or secondary lymphedema were imaged by lymphoscintigraphy before and after one week of using the apparatus. The images were evaluated by two experienced nuclear medicine physicians blinded to the other's results. An improvement in the lymphoscintigram images was seen in all patients evaluated. This preliminary study suggests that the new apparatus was easily tolerated, enhanced lymph flow as assessed by lymphoscintigraphy, and may have benefits as an adjunctive treatment. Further clinical studies are necessary to fully evaluate its use.*