

**THE SUN ANCON[®] CHI MACHINE[®] AEROBIC EXERCISER:
A NEW PATIENT FOCUSED, HOME BASED THERAPY
FOR PEOPLE WITH CHRONIC SECONDARY LEG LYMPHEDEMA**

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ABSTRACT

A significant proportion of those who survive lower torso cancer treatments will go on to develop clinically discernible bilateral or unilateral leg lymphedema. Although beneficial treatments exist for this condition, many are expensive and involve visits to outpatient clinics or allied health professionals—making the patient dependent upon others for treatment and maintenance. This clinical trial tested the efficacy of the Sun Ancon[®] Chi Machine[®] Aerobic Exerciser, a home based therapy that delivered both elevation and passive exercise to the legs. This machine was used in the participant's home according to a set regime with measurements being taken immediately before trial commencement, at weekly intervals and then 1 month after treatment cessation. After a three week treatment period there were statistically significant reductions in total leg volume and fluids, whole body extracellular fluid, weight and subjective leg symptoms. Lymphoscintigraphy in a sub-group of patients suggested an increase in lymphatic transport in some individuals. Although some of the fluid and symptoms had returned at the 1 month follow up, none of the parameters had returned to pre-treatment levels. This finding indicates that this equipment may have ongoing beneficial effects. This clinical trial demonstrates that the Sun Ancon[®] Chi Machine[®] Aerobic Exerciser is an effective adjunct therapy that can be used in the patient's own home.