



KEY MODULE – Lymphoedema Testimonial

June 2009

I'm 62 years old, have three children with my two girls still living at home. I was diagnosed with breast cancer 16.5 years ago, when my youngest daughter was just 22 months old. It was pretty upsetting but I had a lot of help from my family and friends. My older daughter was 16 years old, so was like a second mother for my youngest. I had a full mastectomy and 14 lymph nodes were removed and tested. The results were excellent as the cancer hadn't spread. After six months, I was back to normal and feeling quite strong and doing everything I had done before my surgery. I had a bit of an emotional crisis at three months but since then things have gone quite smoothly.

I had slight swelling in my left arm a few years later, where lymph nodes had been taken but had no discomfort. However, 18 months ago my arm began to swell gradually at first. My GP sent me to the Cancer Council for Lymphoedema management, where the physio massaged my arm and shoulder after draining the lymph nodes in my right arm, neck and left groin areas. She showed me how to do the massage and draining myself and I had to do that every day. I also had to wear a compression garment on my left arm all the time.

Unfortunately 12 months later the swelling came up a lot more, so I went back to the Cancer Council for more treatment. But this time it wasn't helping very much and my shoulder had become quite painful because of the congestion from the build up of fluid. In fact the pain was waking me up through the night, so I had to take Panadol and anti-inflammatory medication. Another patient at the Cancer Council Lymphoedema management meeting had given me a brochure about the Key Module treatment at Perth Integrated Health Clinic (PIHC) and said it was helping her. So I rang and made an appointment with Lucy Liongue who explained how the machine could help me.

I started treatment with the Key Module (or the robot as I call it) about six months ago. After two weeks and four treatment sessions with Lucy, the tightness in my arm and hand started to ease. After four weeks, Lucy re-measured my arm and was delighted to find that it had come down by 4cm at the elbow. I was also delighted.

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My shoulder pain had only eased slightly, but Lucy explained that she was following a treatment plan and working towards my shoulder joint.

Two weeks ago, manipulation of some nerve trigger points as well as the Key Module and massage of my shoulder joint gave me a lot of relief. I found that I no longer needed to take any medication. Last week I had treatment on the Huber machine along with hands on manipulation, then onto Key Module for a nice invigorating finish. I can honestly say in the last week I have felt a huge relief from the pain in my shoulder and have not taken any Panadol or other medication. I'm also very happy to say that my arm doesn't ache as much anymore from the Lymphoedema.

Margaret

Lucy Liongue is the Principal Occupational Therapist working at Perth Integrated Health Clinic, who is also an accredited practitioner for Key Module treatment. Many of Lucy's patients present with lymphoedema and associated conditions in the neck, shoulder and arm regions (heaviness, pain and swelling).

Please email lucy@pihc.com.au for more information or call 9240 5266 to book an Initial Appointment.