

Equipment for patients with lymphoedema

Mount Vernon Cancer Centre (MVCC) lymphoedema clinic cannot recommend any items or companies. However, some patients attending MVCC in the past have found the organisations and products listed below to be useful.

● Disability aids

Mount Vernon Hospital Comforts Fund shop

Sells a variety of aids including long-handled grabbers, shoe horns, spiky soft massage balls, sponges, stocking aids and leg-lifters.

Mon–Fri: 10.00am–3.30pm

Rickmansworth Road

Northwood

HA6 2RN

Tel: 01923 826111 ext 2175

NRS Healthcare

Specialises in mobility equipment and disability aids.

Tel: 0345 1218111

Mon–Fri: 8.00am–8.00pm

Sat–Sun: 9.00am–5.00pm

www.nrshealthcare.co.uk

● Footwear

Providers of wider/deeper shoes:

Cosyfeet

Tel: 01458 447275

www.cosyfeet.com

Wider Fit Shoes

Tel: 01933 311077

www.widerfitshoes.co.uk

● Supportive bras

If you have breast lymphoedema it is essential that you wear a full cup bra with wide straps and high sides. Avoid padded/moulded cups. Ideally wear a non-wired bra, but if you only find wired bras supportive, ensure it fits well.

Marks & Spencers and John Sanders (Ruislip High Street) offer fitting and stock supportive bras.

Breast Cancer Now

Has information on suppliers of bras, prostheses, clothes and swimwear.

Tel: 0808 800 6000

www.breastcancernow.org

Ample Bosom

On line and mail order company that sell bras, lingerie, nightwear and clothing.

Tel: 01439 798388

www.amplebosom.com

● Lymphoedema care supplies

Various aids that can be ordered by telephone or via the internet.

Haddenham Healthcare

Tel: 01844 208842 www.hadhealth.com

Juzo

Tel: 0161 3580104 www.juzo.com

Medi UK

Tel: 01432 373500 www.mediuk.co.uk

● Hand held massagers

Available from chemists and via the internet:



Homemade scar management mini massager



Spikey soft massage balls

● Simple lymphatic drainage (SLD) aids

Equipment for self care

Foam Roller

Foam rollers and massage sticks are most useful for treating lymphoedema in the legs; reasonable mobility and flexibility are required to use them. It is best to use a foam roller that is softer and not too firm.



Massage Stick

If mobility and flexibility is a problem, then you may find a massage stick helpful.



Hand rollers, see below; body brushes and suction cups can be useful when managing lymphoedema.



The following video links summarise how the various tools (as shown on the bottom, left of this page) may help your simple lymphatic drainage (SLD) You can also find more detailed videos on the Youtube channel on each device and how to use it.

https://www.youtube.com/watch?v=EJegn_9ZwQ

<https://www.youtube.com/watch?v=LxxfuNAKJns>

● Other useful devices

As a clinic, we are not recommending you buy these, but are providing this information for you to consider whether or not they may help you.

If you have any questions about any of these devices, please speak with a member of your treatment team.

Sun Ancon® Chi Machine®

This is a passive aerobic exercise machine that promotes lymphatic drainage and movement.

It is beneficial if used twice a day for short periods and can help¹ with reducing oedema volume, weight loss and fat loss. It may be useful if you are unable to exercise.



NB; Other chi machines are available from other manufacturers. However, no clinical research studies have been published on other models.

Oscillating/pivotal/vibrating plate machines

This equipment features a plate which moves from side to side on a central point. There are many makes of these machines.

When you stand on it, it mimics the action of walking as the muscles on each side of the body are contracted in turn.

Research¹ has shown the contraction of the muscles induces increased leg blood flow and increased lymph flow.

¹ For further information about research studies, please contact the Information team at the Lynda Jackson Centre.

Linear/vibrating plate machines

These machines vertically rise and drop to mimic the action of jumping. This engages the large muscles on both sides of the body and has a high impact on joints.

Spiral vibrating plate machines are cheaper but crude.

There are no research papers supporting the use of lineal or spiral machines for lymphoedema patients.

Footplate neuromuscular electrical stimulation machines

Low level electrical impulses stimulate nerves in the leg to contract the muscles and increase lymph and venous flow.

Studies¹ have shown that blood flow may improve which, in turn, reduces oedema linked to poor venous blood flow.



Revitive® Medic
circulation
booster

Balance/wobble boards

Use of these for 10-15 minutes each day provides low impact, weight bearing exercise which can¹:

- improve posture and balance
- reduce lower back pain
- tone core muscles
- engage and tone lower limb muscles
- aid weight loss



Flat, rectangular **rocker boards** with a fixed base are the easiest to use.

Circular boards with a fixed base are harder to use; the smaller the base, the more challenging.



Roller balance boards with an unfixed base are the most challenging.

Pedal exerciser

A range of models is available for hand or foot use. Many have timers and also count calories.

Research trials¹ have show that regular use of these for 20 minutes each day provides the most benefit to:

- improve circulation
- engage and tone muscles
- burn calories



● Useful apps

www.vinehealth.ai/

NHS endorsed free app that can help patients track their treatment to manage physical and mental wellbeing

www.byyourside.co.uk

A free app designed to help manage life with cancer