



# LYMPH EDEMA MANAGEMENT

Now Available at the **Watson Clinic  
Center for Rehabilitative Medicine**

Lymph nodes serve a crucial function as they help us filter harmful bacterial fluids from our body. When a blockage occurs in the lymphatic system, severe swelling can result in the arms, legs and other extremities. This condition is known as **lymphedema**, and it afflicts millions of Americans.

There are a number of factors that can influence the development of lymphedema, including lymph node removal due to cancer treatment, surgery, infections, blood clots, chronic venous insufficiency and genetic abnormalities of the lymph system.

When left untreated, the condition can lead to permanent tissue damage, infection, and a loss of physical function. That's why it's crucial to receive care from a properly trained and certified lymphedema therapist.

The certified lymphedema therapists at the Watson Clinic Center for Rehabilitative Medicine can help.

**WATSON CLINIC** LLP

*Center for Rehabilitative Medicine*

1430 Lakeland Hills Blvd. • Lakeland, FL 33805

**863-680-7700**

[www.WatsonClinic.com/CRM](http://www.WatsonClinic.com/CRM)

The certified lymphedema therapists at Watson Clinic Center for Rehabilitative Medicine offer a variety of treatments aimed at managing and reversing the condition. These might include simple lifestyle changes and lymphedema exercise, or more involved services such as bandaging, manual lymphatic drainage and use of appropriate compression garments.

When supplemental care is needed, our therapists can offer swift referrals to additional Watson Clinic specialists.

Appointments with our lymphedema specialists are scheduled through physician referral only.

**CRYSTAL  
SAUER,  
PT, DPT, CCI**



**EDUCATION:**

- Florida Southern College, Lakeland, FL, BS
- University of South Florida School of Physical Therapy & Rehabilitative Sciences, Tampa, FL, Doctorate in Physical Therapy

**PROFESSIONAL ACTIVITIES & MEMBERSHIPS:**

- Licensed Physical Therapist
- Credentialed Clinical Instructor

**DAPHNE  
BLEAM,  
PTA, CLT**



**EDUCATION:**

- Polk State College, Winter Haven, FL, AS, Physical Therapist Assistant
- Academy of Lymphatic Studies, Sebastian, FL, CLT

**PROFESSIONAL ACTIVITIES & MEMBERSHIPS:**

- Licensed Physical Therapist Assistant
- Certified Lymphedema Therapist

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