

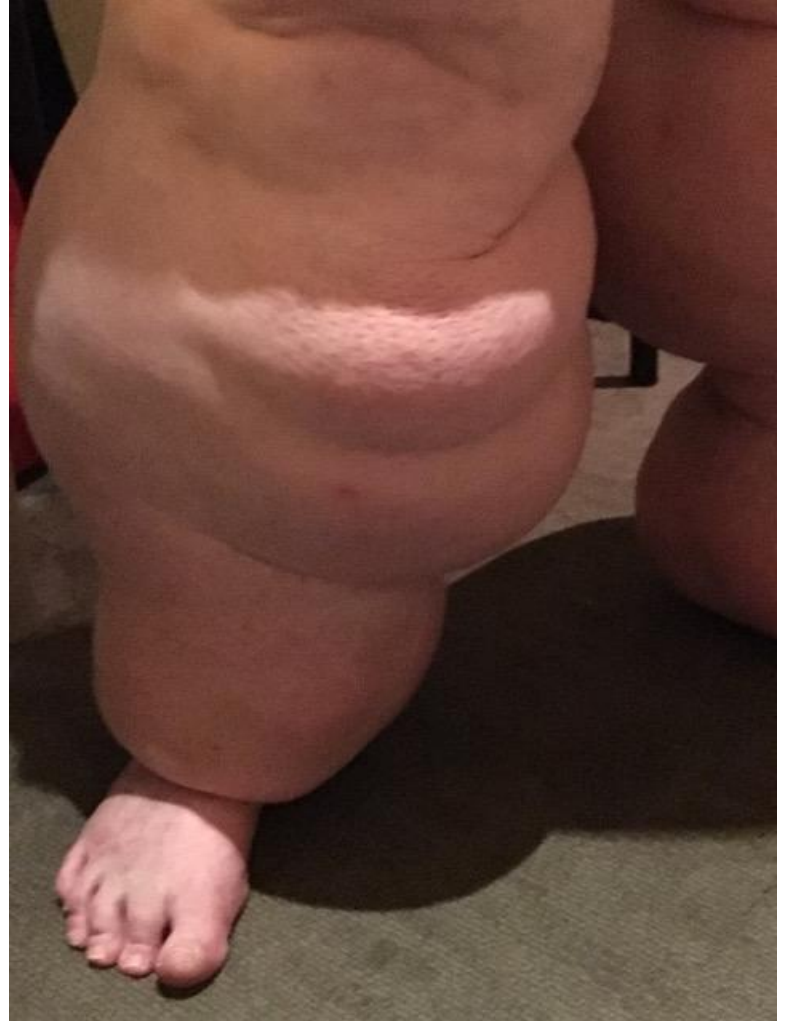
MOBIDERM[®]

Case Study January 2018

HISTORY

- Patient long term history of lipoedema/lymphoedema
- Public clinics – repeated attendance
- Booked for liposuction/debulking
- Instructed to reduce lower limbs prior
- Private practice - lymphoedema therapist to coordinate

PRESENTATION



TREATMENT PLAN

- Intensive 10 day – led by therapist. Patient took time off work.
- 1 hr daily in the lymphapod (with mobiderm)
- 1-1 /2 hr MLD daily Vodder
- Daily bandaging

PRESENTATION 05/01/2018



Left calf circumference 92.5cm

Right calf circumference 94.5cm

Tissue is stiff with overhang/soft under folds

Mobiderm has been used in lymphopod on left leg

HOW TO BANDAGE

Equipment:

Cotton bandage

Mobiderm bandage (blocks 15 x 15 mm)

Flexideal short stretch

Biflex 16+ or 17+

FOOT- Lymph tape toes

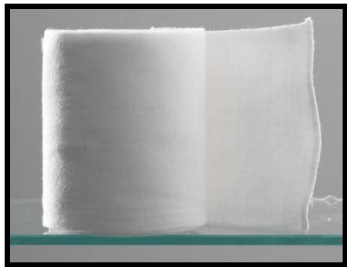
Protective underwrap

Mobiderm (5mmx5mm)

Biplst tape

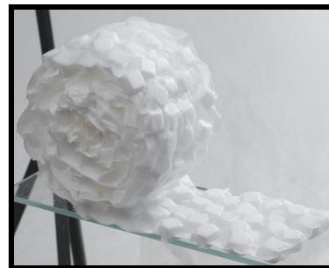
Method:

1. Cover limb with cotton bandage, spiral.
2. Spiral Mobiderm ensuring no gaps (single layer).
3. Cover with spiral of Flexideal (night time bandage) half cover.
4. Cover with Biflex 17+



1. Cotton

+



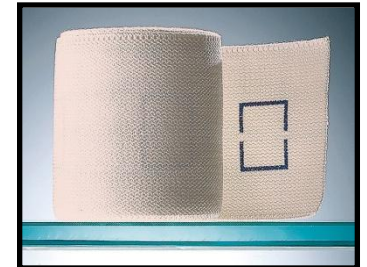
2. Mobiderm

+



3. Flexideal
(nighttime)

+



4. Biflex 16+
(daytime)

HOW TO BANDAGE



Patient instructed she must be able to get shoes on. Taped foot first – patient donned shoe and then we commenced bandaging.

- Cotton used as a tube below calf - 3 tubes layered over for skin protection.
- Cotton in spiral anchored at top of calf, herringbone below calf to lift up bell.
- Mobiderm (15mm) sheet trimmed to fit . Made into tube for below clave.
- Bandaged leg as 2 separate sections.
- 10cm Flexideal – hooked underneath folds then spiral.
- Biflex 17+ anchored at top with no pressure then focus on pulling up under bell.
- On second visit to bandage we changed to herringbone with greater effect.

HOW TO BANDAGE



Second visit to bandage by
Mobiderm

Herringbone can be seen on lower
calf.

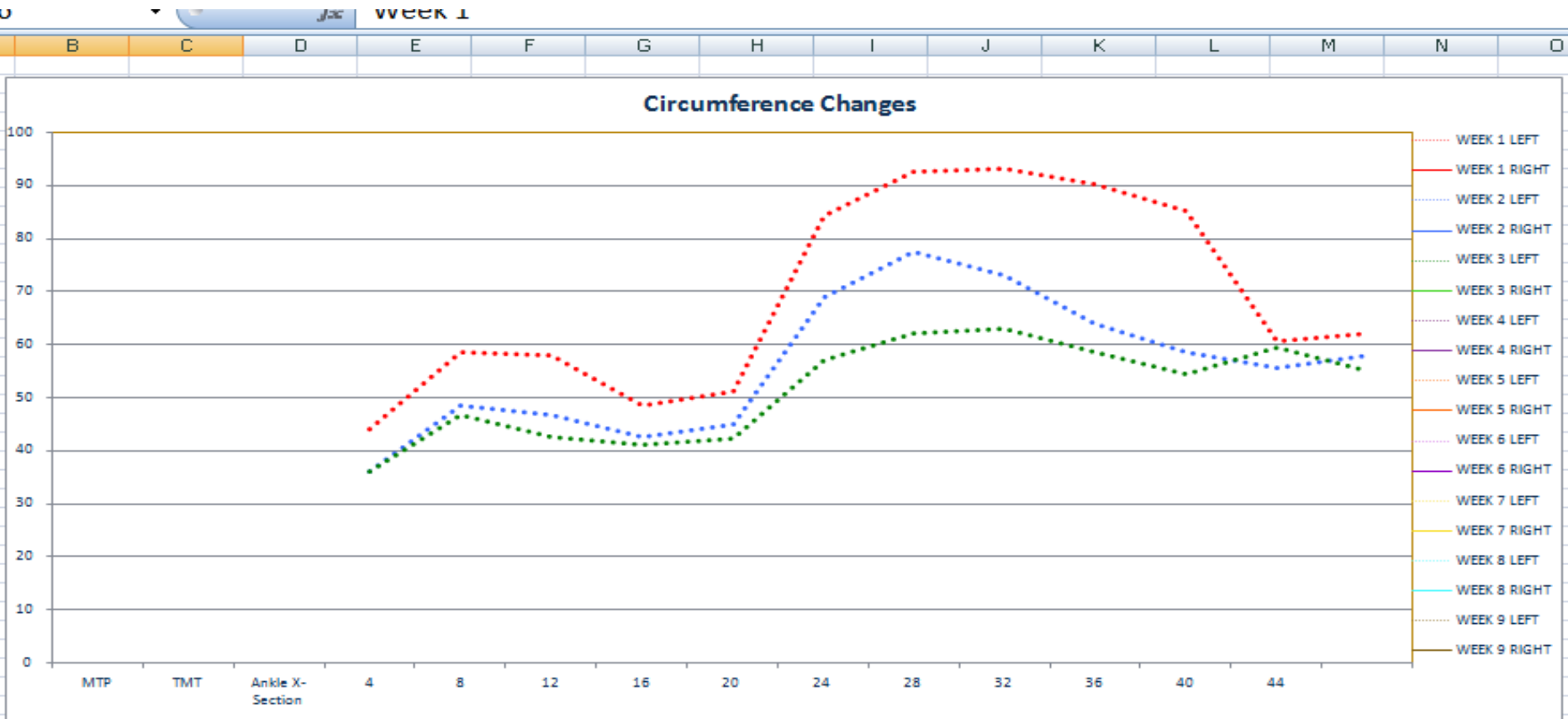
Biplast tape (on for 3 days) . Toes did
not required fixing.

RESULTS 14/01/2018



RESULTS – LEFT LEG

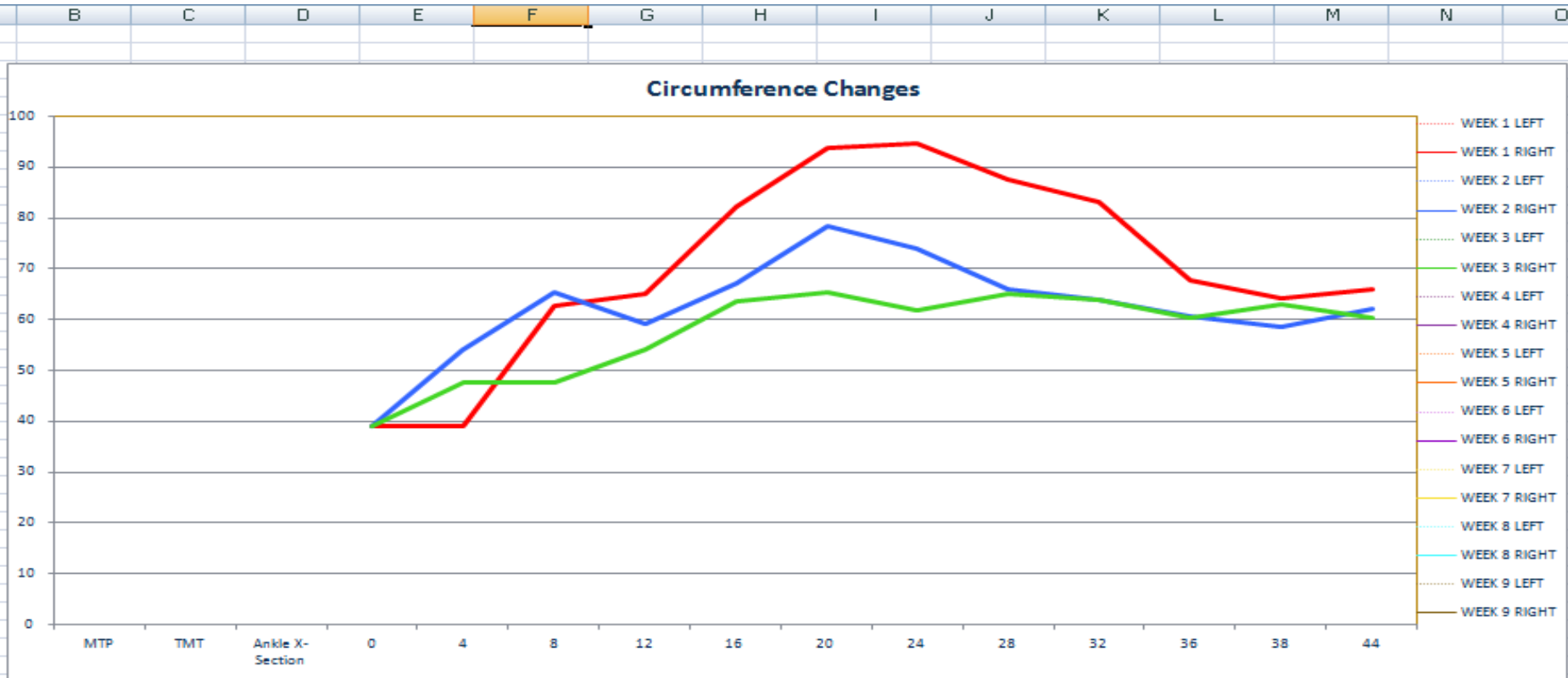
Reduction of 7.342 litres / 44.16% overall reduction of volume/
30.3cm reduction at bell of calf



Week 1 refers to measure 1 - 05/01/2018 , Week 2 refers to measure 2 – 10/01/2018,
Week 3 refers to measure 3 – 14/01/2018

RESULTS – RIGHT LEG

Reduction of 5.669.16 litres/32.77% overall reduction in volume/
32.8cm reduction at bell of calf



Week 1 refers to measure 1 - 05/01/2018 , Week 2 refers to measure 2 – 10/01/2018,
Week 3 refers to measure 3 – 14/01/2018

FRONT VIEW



5TH January 2018 (above)



14th January 2018 (above)

REAR VIEW



5TH January 2018 (above)



14th January 2018 (above)

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