

**THE FRENCH SELF-BANDAGING TECHNIQUE  
IN LYMPHOEDEMA (LO) TREATMENT HIGH COMPLIANCE AND AUTONOMY**  
Ms. CHARDON-BRAS: President of AVML\*, Senior Health Manager at  
Physiotherapy Institut & at Lymphology department of Internal Medicine and  
Vascular Diseases. University Hospital of Montpellier (France)

The first goal of this poster is to bring my expertise, as a therapist, in the use of Mobiderm bandage (Thuasne) through all the phases of the LO treatment. Secondly as a trainer within the AVML Association, to propose to the patients an easy self-bandaging technique in order to maintain the reduction of the limbs and the flexibility of the tissues.

**Clinical case:** a 37 years old, active, female patient, secondary lymphoedema grade II, post-mastectomy (2 years) on the whole upper limb + hand (+ 3 cm).

The proposed LO treatment is short (1 week), and allows the patient a full mobility, quick reintegration at work, and easy gripping for efficient homework.

As a first step, the treatment will include a specific Mobiderm bandage and the goal is to have an autonomous patient, actor in his treatment.



**1/ Intensive phase:**

The daily phases done by the therapist consist in Lymphatic drainage

– Reduction bandaging



– Exercises with bandages and Patient education



The high-performance bandage offer a very quick and effective result from the very first application. The outcome is already very efficient after one week treatment.

**2/ Stabilisation phase:**

The patient is seen twice a week for MLD and bandaging (3 weeks). In between the visits and waiting the custom-made garment, the patient applies the Mobiderm small blocks + Biflexideal short-stretch bandage herself and learns how to act autonomously till a full stabilisation.



As soon as the custom-made garment is delivered, at daytime the patient is using its compression sleeve and applying a short-stretch bandaging with Mobiderm for the night.

**3/ Autonomy phase:**

This final phase consists in 2 MLD sessions/month – Compression sleeve at daytime and at night the self-bandaging is replaced by a special Mobiderm garment with the same features as the self-bandage. This treatment offers a very good compliance to the patients.



AVML  
Association Vivre Mieux le Lymphoedème  
Saint-Eloi Hospital – 34295 - Montpellier  
[www.avml.fr](http://www.avml.fr) / [avml@free.fr](mailto:avml@free.fr)



For the lower limbs and during the 3 phases, the foot bandage needs to be esthetic and discrete to allow patients to wear normal shoes. The objective of the feet mobility is : « regaining a normal walking »

**Self drainage & bandaging workshops in Marseille**      **Gym & Exercise workshops in Montpellier**



**Conclusion:**

To achieve the described above goals, therapists should be able to apply the bandage quickly and easily. It needs to be also genuinely effective from the very first application, as well as light and comfortable to wear. And, above all, patients should be able afterwards to apply the bandage themselves easily. This bandage, in its different forms, will cover all the phases of treatment: from reduction to stabilisation of the oedema in order to improve finally the patient's quality of life.

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