



**Fauzia Karmali, RPT, CMPT, CLT**

*Registered Physical Therapist*

*Certified Manual Physical Therapist*

*Certified Lymphedema Therapist*

Fauzia Karmali graduated from McGill University in Canada in 1996 with a BSC in Physical Therapy. She is a certified lymphedema therapist and a certified manual physical therapist. She specializes in core stabilization and re-training post injury, neck, thoracic and lumbar spine stabilization, muscle energy techniques, soft and deep tissue release, pre and post-partum education and health, sports specific training, post-op joint replacement rehab, ergonomic training for back to work and lymphedema therapy.

### **Connect**

If you or someone you know would benefit from this effective therapy, please call Snoqualmie Hospital Rehabilitation Clinic.

### **Therapy Location**

Snoqualmie Hospital  
Rehabilitation Clinic  
9801 Frontier Avenue SE,  
Snoqualmie, WA 98065  
t (425) 831-2376  
f (425) 831-3071

## **Lymphedema**

A chronic and progressive condition that results in the swelling of a body part, most often the extremities. It may also occur in the face, trunk, abdomen or genital area. A certified lymphedema therapist has a minimum of 135 hours of training and is well-trained in recognizing and treating these conditions.

### **Conditions Appropriate for Treatment**

- Chronic venous insufficiency resulting in phlebo-lymphostatic edema
- Unresolved post-surgical or post-traumatic edema
- Post cancer treatment edema due to lymph node dissection or irradiation of lymph nodes and vessels.

### *Contraindications to Treatment:*

- Acute CHF
- Any acute infections
- Renal failure
- Acute DVT

### **Intervention Phases**

#### **The Intensive Phase**

- Lasts from 2 to 4 weeks depending on severity
- Patients will be seen 3 to 5 days per week

#### *Treatment includes:*

- Manual lymphatic drainage to decongest the swollen limb followed by compression wrapping to be worn until the next treatment session to prevent return of swelling
- Patient education to prepare the patient for the home phase
- Fitting for compression garments

#### **The Maintenance Phase**

- Lifelong commitment
- Patients follow up with therapist in 6 months to 1 year depending on how they are doing

#### *Treatment includes:*

- Compression garments worn daily
- Wraps worn at night

