



Innovate Physical Therapy offers personalized education and treatment for lymphedema, edema and/or venous insufficiencies to help manage the fluid that the body is retaining. Our specialists are trained in manual lymph drainage, a form of massage that allows the fluid to be reabsorbed into the tissue/bloodstream in a pattern that will not overload the system.

Individualized Therapy Services May Include:

- Client Education & Training for Long-term Management
- Circumference Measurements: *Measurements of the affected extremity to get baseline info*
- Manual Lymph Drainage (MLD): *Lymph node clearing and light lymphatic massage*
- Complete Decongestive Therapy: *May include short stretch bandaging of the extremity, and assessment of and referral for compression garments for long-term management of the lymphedema condition*



Kathy Ramaekers, OTR/L, CHT

With more than 20 years of experience in occupational therapy in both outpatient and inpatient rehab settings, Kathy has been a Certified Hand Therapist since 2008 and a Certified Lymphedema Specialist since 2005. Kathy graduated from Creighton University in 1992 with a Bachelor of Science in Occupational Therapy.



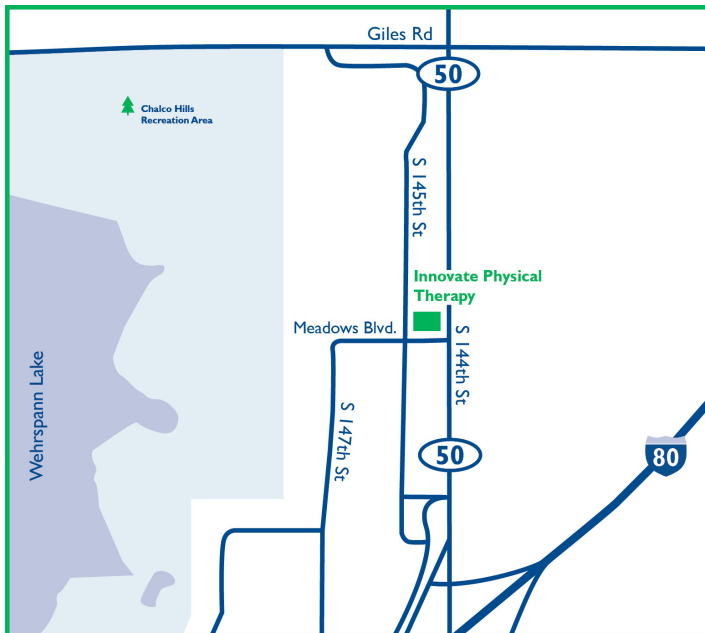
*** BELLEVUE:**

**1804 Hillcrest Drive,
Bellevue**

Fax: (402) 682-4256

Located just behind Hillcrest Health Services at the corner of Harlan Drive (Hwy 370).

For directions, call (402) 682-4210.



CHALCO HILLS:

**14450 Meadows Blvd., Suite 4,
Omaha**

Fax: (402) 682-4256

Located at the corner of 144th Street and Meadows Blvd.

For directions, call (402) 682-6593.

**Lymphedema management services are only provided at the Bellevue clinic.*