

Title: Cancer-related head and neck lymphoedema: Treatment techniques

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Abstract

Introduction:

Having to deal with head and neck cancer as being one of the most devastating forms of cancer can be challenging for patient and health care professionals. Dealing with the comorbidity of cancer interventions in my opinion needs a multidisciplinary approach to achieve the best outcome and quality of life perspectives. Oncology Physiotherapy plays a key-role in the treatment of this condition.

Objectives:

This presentation will use a patient journey to explain how clinical reasoning using a ‘prospective surveillance model’ can be helpful for the monitoring of patients dealing with both internal and external lymphoedema, pain, fatigue, scarring, nutrition, communication as well as condition related psychosocial issues. Every aspect relevant for an optimal treatment will be explained in detail and a combination of lymphatic drainage techniques and fascia release techniques (hands-on and self-management) will be demonstrated and discussed.