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New Horizons Physical Therapy is the Only Oncology Rehabilitation Specialty Practice in San Diego County to Offer Infrared Perometer Girth Assessments for Lymphedema

San Diego, CA. — New Horizons Physical Therapy is the Oncology Rehabilitation specialty practice in San Diego County to offer Perometer assessments for the identification and treatment of lymphedema.

Lymphedema is a swelling of an area of the body that occurs as a result of the accumulation of protein-rich fluid due to trauma, radiation therapy, or surgical intervention, and is a side effect that can often occur in the cancer patient after surgical lymph node removal or radiation therapy. A Perometer is a computerized, digital scanner that utilizes digital, infrared technology to precisely measure the girth and volume of an extremity and identify the presence of suspected lymphedema.

Currently, the most common clinical assessments used to measure limb girth and volume measurements intended to identify the presence of lymphedema are unsophisticated and error-prone. These methods include simple tape measurements or gross water displacement tests. Such techniques are both time consuming and labor intensive, and can often result in inaccurate measurements. The advanced digital infrared technology of the Perometer eliminates any potential human error and provides a precise, exact, computerized assessment of limb girth and volume that is completed in a matter of seconds.

"The benefit of the Perometer", according to Dr. Tammy E. Mondry, DPT, MSRS, CLT-LANA, "is that patients who are at risk for lymphedema can receive a quick and accurate assessment to identify the onset of lymphedema". "Once identified", Dr. Mondry adds, "a formal treatment approach utilizing Complete Decongestive Therapy (CDT), including Manual Lymph Drainage (MLD), can be initiated promptly". CDT is considered the gold standard of care for lymphedema by leading authorities in the field of lymphedema treatment, including Dr. Mondry, who has had many of her research articles published in prestigious peer-reviewed medical journals regarding lymphedema treatment such as *CA: A Cancer Journal for Clinicians* and *Cancer Journal*. According to Dr. Mondry, prompt treatment intervention is essential to avoid the significant swelling and physical dysfunction often associated with lymphedema. In addition, precise Perometer measurements are key for the fabrication of custom compression garments that are to be worn to maintain the extremity size once formal lymphedema treatment has been completed.

New Horizons Physical Therapy is the only Oncology Rehabilitation specialty practice in San Diego County that offers comprehensive lymphedema and cancer rehabilitation services. Dr. Tammy E. Mondry, DPT, MSRS, CLT-LANA, is also the only Doctor of Physical Therapy in San Diego County who is also a Board Certified Lymphedema Therapist (CLT) by the Lymphology Association of North America (LANA) and a Certified Cancer Exercise Specialist.

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