



## KEY MODULE – Lymphoedema Testimonial

March 2007

I was diagnosed with a particularly aggressive form of breast cancer in March 2001. Surgery was scheduled for the following week.

I had a right lumpectomy and full axillary clearance.

Chemotherapy and radiotherapy were scheduled from approximately a month later. That took care of the breast cancer.

It did not take long to realise the side effects of the axillary clearance with my left arm blowing up like a balloon. I was unable to wear my rings or bracelets and my arm was hard and painful.

I found relief with regular massages, but this did not stop the hardness for long or the swelling, and I was never without my sleeve.

The swelling subsided slightly over the next couple of years enough to stop wearing the sleeve unless I travelled by plane (which I do on occasions for work).

In November 2006 I had several sessions with Lucy on the Key Module that reduced the swelling in my arm (my arm felt so soft and supple again). I have since had a couple of flights without my sleeve. In fact the sleeve is collecting dust somewhere in my cupboard.

Mandy

Lucy Liongue is the Principal Occupational Therapist working at Perth Integrated Health Clinic, who is also an accredited practitioner for Key Module treatment. Many of Lucy's patients present with lymphoedema and associated conditions in the neck, shoulder and arm regions (heaviness, pain and swelling).

Please email [lucy@pihc.com.au](mailto:lucy@pihc.com.au) for more information or call 9240 5266 to book an Initial Appointment.

Unit 12, 8 Booth Place  
Balcatta (via Erindale Road)  
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre  
Marmion St, Booragoon  
Tel: 9364 8626 Fax: 9316 3904

Email: [appointments@pihc.com.au](mailto:appointments@pihc.com.au)  
Mailing Address: P.O Box 1574, Applecross, 6953  
ABN: 73 069 383 900  
ACN: 069 383 900



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