



## KEY MODULE – Lymphoedema Testimonial

March 2007

My story begins when I was diagnosed with Breast Cancer in July 2006. After a lumpectomy, an axillary clearance and 6 weeks of radiation I was left with lymphoedema around the site where my nodes had been removed. I tried physiotherapy alone but the relief was only temporary and I within a couple of hours I was faced with the same swollen feeling in my upper arm and torso.

I was feeling despondent and commented to one of my fellow workers when she suggested I contact the Perth Integrated Health Clinic. After discussions with Lucy Liongue at the Clinic, I agreed to commence treatment immediately utilising the 'Key Module' for my lymphoedema. After the first session, the swelling in my arm had reduced to a point where the sleeve of my shirt was not as tight as before the treatment. Over the next two months I have continued to use the Key Module and with each treatment the reoccurrence of the swelling is lessening and the duration of relief is longer. I also have greater mobility in my arm as the swelling is not as severe.

Prior to treatment other medical professionals had stated that I would need to dramatically change my life to reduce swelling in my arm. Thanks to Lucy and the Key module I have begun swimming again...tomorrow who knows what else I'll be able to do.

Regards

Sonia

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.

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