

Why choose us?

01

No Expensive Copays

Get the care you need without the financial stress.

02

Home-Based Therapy

No need to leave home. We bring therapy to you—private, comfortable, and convenient.

03

Easy Referral Process

Just ask your doctor to send us a referral. We'll take care of the rest.

04

Find Your Best-Fit Agency

We'll connect you with a home health agency that fits your needs and accepts your insurance.



Scan for our contacts

214-699-1296

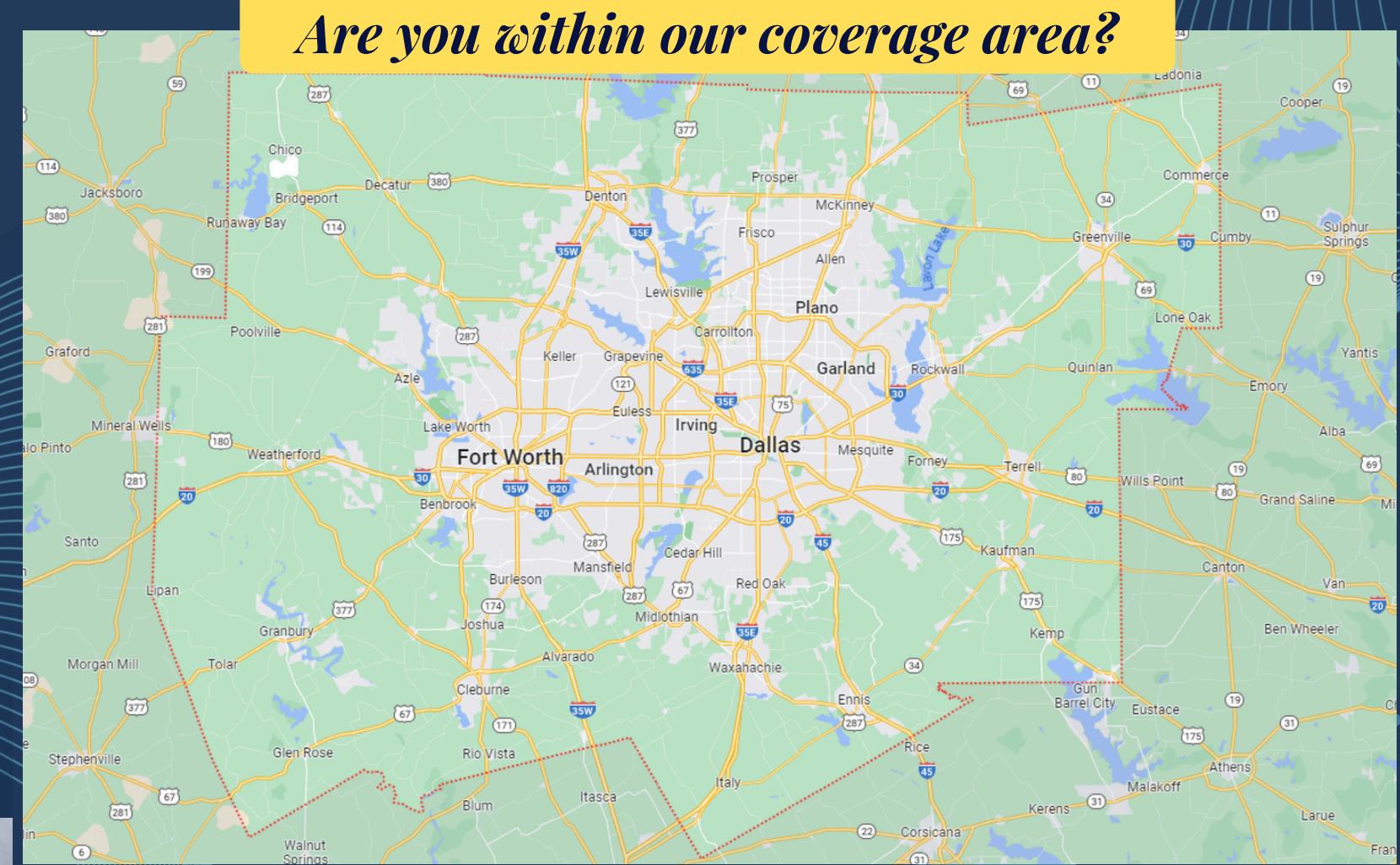


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What we do?

Ultra Therapy Solutions provides care for both primary and secondary lymphedema.

Our treatment focuses on reducing swelling and relieving pain using compression methods like garments, wraps, or pumps. Your care will be guided by licensed Physical and Occupational Therapists who specialize in lymphedema treatment and wound care.

Why early action matters?

Swelling may seem mild at first, but it can be the earliest sign of lymphedema. Addressing it early helps reduce the risk of long-term complications like skin changes, infections, and reduced mobility. Early treatment can stop the swelling from getting worse and improve your comfort, movement, and overall quality of life.

Lymphedema Therapy



ULTRA
Therapy Solutions

Are you struggling with swelling?

LYMPHEDEMA SYMPTOMS

Lymphedema often affects the arms or legs, causing swelling that can range from mild to severe; sometimes limiting movement or function.

Common symptoms may include:

- Chronic swelling (>30 days), sometimes involving the fingers, toes, or abdomen
- A feeling of heaviness or fullness
- Aching or discomfort
- Limited range of motion
- Tight or shiny skin
-

In more advanced stages, you may notice:

- Thickened or hardened skin (fibrosis)
- Blistering or weeping wounds
- Sweating of the leg (lymphorrhea)
- Skin discoloration (hemosiderin staining)
- Skin that no longer leaves an indentation when pressed
- Small warts
- Frequent infections (cellulitis)

LYMPHEDEMA TYPES

Primary Lymphedema

- Caused by hereditary or developmental abnormalities in the lymphatic system. It may be present at birth or develop later in life without an obvious cause.

Secondary Lymphedema

- Results from damage to the lymphatic system due to surgery, cancer or radiation therapy, infection, obesity, or other health conditions like diabetes, heart failure, venous insufficiency, or chronic wounds.

Lymphedema Stages



Stage 0 - Latent Stage

No visible swelling, but the lymphatic system is already impaired.



Stage 1 - Reversible Stage

Swelling is pitting and may fluctuate. It often reduces with limb elevation.



Stage 2 - Spontaneously Irreversible Stage

Swelling becomes persistent and does not improve with elevation. Skin may feel tight or thickened.



Stage 3 - Elephantiasis

The most advanced stage. Skin changes occur—thickening, hardening, warty overgrowths, or leaking wounds.

How can I start?

1 Home Health Agency Admission

- 3-4 weeks processing
- We'll find you an agency that will take your insurance. Let us know if your agency is affiliated with Ultra Therapy



You can scan the QR code for our supplies website or go to bit.ly/utssupply

2 Appointment with Certified Lymphedema Therapist (CLTs)

- We'll start with a full assessment to plan the right treatment for you.



3 Treatment Plan

These are some of the most widely used treatments, depending on your needs:

- **Compression bandages** to help move lymph fluid out of the swollen area
- **Manual Lymphatic Drainage (MLD):** a light massage technique that moves fluid toward working lymph nodes
- **Complete Decongestive Exercises** guided by a Certified Lymphedema Therapist (CLT) to support drainage and mobility
- **Pneumatic compression devices** (ordered through a third party) may be recommended if self-massage isn't possible
- **Self-care training** begins once your condition is stable, and we'll guide you on using **compression garments**, custom-fitted by a CLT, to maintain progress

4 Self-care

- Compression sleeves and stockings won't reduce swelling, but they help maintain your limb size after treatment.
- We offer a full range of supplies—wraps, arm and leg garments, gauntlets, socks, undergarments, and wound care essentials for lymphedema. We've got you covered.

