

OT Mastery

Lymphedema Management

1. What is the difference between lymphedema and edema?

- A. Edema is a fluid accumulation and natural bodily response and lymphedema is persistent swelling that cannot be redistributed throughout the body
- B. Lymphedema and edema are two terms used to describe persistent bodily swelling
- C. Edema is a chronic condition and lymphedema is a symptom of physical injuries
- D. Lymphedema occurs in the upper body and edema occurs in the lower body

2. What is the difference between primary and secondary lymphedema?

- A. Primary and secondary lymphedema are the same condition but primary lymphedema causes only swelling and secondary lymphedema causes only changes in sensation
- B. Primary lymphedema is inherited and secondary lymphedema is acquired
- C. Primary lymphedema is acquired and secondary lymphedema is inherited
- D. Primary lymphedema develops early in life and secondary lymphedema develops later in life

3. What is the most common cause of secondary lymphedema?

- A. Car accidents
- B. Spinal cord injuries
- C. Traumatic brain injuries
- D. Radiation or surgery for breast cancer

4. Which of the following place someone at risk for primary lymphedema?

- A. Aging
- B. Cardiac conditions
- C. Genetic conditions
- D. Obesity

5. What statement about lymphedema is untrue?

- A. You cannot fly in an airplane if you have lymphedema
- B. You cannot use the affected limb that has lymphedema
- C. You can wear any compression garments to help manage your lymphedema
- D. All of the above are untrue

6. What test helps medically diagnose lymphedema?

- A. Goniometry
- B. Manual muscle testing
- C. Lymphoscintigraphy
- D. Volumetry

7. What is not considered a complication of lymphedema?

- A. Spinal cord injury
- B. Cellulitis
- C. Sepsis
- D. Amputations

8. What stage of lymphedema is used to describe moderate lymphedema?

- A. Stage 4
- B. Stage 2
- C. Stage 3
- D. Stage 0

9. What is not a part of CDT?

- A. Exercise
- B. Compression therapy
- C. Manual lymphatic drainage
- D. All of the above are part of CDT

10. What is not part of risk reduction for those with lymphedema?

- A. Wearing clothes with elastic bands
- B. Avoiding any injury to the affected extremity
- C. Skin care
- D. Using electric shavers

11. What physical agent modality is not contraindicated for those with lymphedema?

- A. Whirlpool
- B. Cryotherapy
- C. Fluidotherapy
- D. Moist heat

12. What exercises are best for patients with lymphedema to practice outside of sessions?

- A. Pilates
- B. Tai chi
- C. Walking
- D. All of the above

13. What statement about lymphedema is untrue?

- A. Lymphedema can be cured with CDT
- B. All of the aspects of CDT are most effective when used together
- C. Compression socks are more effective than other compression garments
- D. Patients should get sized for compression garments at the start of CDT

14. What exercises might be part of CDT for someone with arm lymphedema?

- A. Bridges
- B. Gluteal squeezes
- C. Clamshells
- D. Pole walking

15. What is not one of the four strokes used in manual lymphatic drainage?

- A. Sideways turns
- B. Scoop technique
- C. Stationary circles
- D. Rotary technique

16. What exercise-related contraindications are in place for those with lymphedema?

- A. No exercising for longer than 20 minutes at a time
- B. No repetitive or vigorous motions
- C. No exercising while wearing compression garments
- D. No exercising for longer than 60 minutes at a time

17. What type of lymphedema patient is a good fit for a compression pump?

- A. Those who do not respond to other types of compression therapy
- B. Patients who do not find bandages comfortable
- C. Those who are very sedentary or cannot exercise due to other health concerns
- D. Anyone with lymphedema should use a compression pump

18. What is the difference between phase 1 CDT and phase 2 CDT?

- A. Phase 1 is for patients with primary lymphedema; Phase 2 is for patients with secondary lymphedema
- B. Phase 1 is the active phase intended to get excess lymph fluid out of the body and decrease swelling; Phase 2 is the maintenance phase focused on maintaining the gains from Phase 1
- C. These phases both involve the same treatments, but Phase 1 involves 30-minute sessions 2-3 days per week and Phase 2 involves 60-minute sessions 4-5 days per week
- D. These phases both involve the same treatments, but Phase 1 lasts 6-7 weeks and Phase 2 lasts 2-4 weeks

19. What is not contraindicated with manual lymphatic drainage?

- A. Bone fractures
- B. Untreated or semi-treated malignant tumors
- C. Cellulitis
- D. Impaired arterial perfusion

20. What is contraindicated with compression pumps?

- A. Mild lymphedema
- B. Manual lymphatic drainage
- C. Advanced lymphedema
- D. Open wounds

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