

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

- A. Aging
 - B. Cardiac conditions
 - C. Genetic conditions
 - D. Obesity
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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
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6. What test helps medically diagnose lymphedema?

- A. Goniometry
 - B. Manual muscle testing
 - C. Lymphoscintigraphy
 - D. Volumetry
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7. What is not considered a complication of lymphedema?

- A. Spinal cord injury
 - B. Cellulitis
 - C. Sepsis
 - D. Amputations
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8. What stage of lymphedema is used to describe moderate lymphedema?

- A. Stage 4
 - B. Stage 2
 - C. Stage 3
 - D. Stage 0
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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
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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
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11. What physical agent modality is not contraindicated for those with lymphedema?

- A. Whirlpool
 - B. Cryotherapy
 - C. Fluidotherapy
 - D. Moist heat
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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
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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
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14. What exercises might be part of CDT for someone with arm lymphedema?

- A. Bridges
 - B. Gluteal squeezes
 - C. Clamshells
 - D. Pole walking
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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
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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
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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
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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
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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
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20. What is contraindicated with compression pumps?

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