



Individualized lymphedema management services include:

- Circumference measurements of the affected extremity to get baseline information
- Manual Lymph Drainage (MLD)
Lymph node clearing and light lymphatic massage
- Complete Decongestive Therapy
May include short stretch bandaging of the extremity, and assessment of and referral for compression garments for long term management of the lymphedema condition
- Client Education & Training for Long Term Management

Lymphedema Specialists

Education • Treatment • Long Term Management

Why choose Hillcrest Physical Therapy?

- Hillcrest offers **personalized education and treatment** for lymphedema, edema, and/or venous insufficiencies to help manage the fluid that the body is retaining.
- Our specialists are trained in **manual lymph drainage**, a form of massage that allows the fluid to be reabsorbed into the tissue/bloodstream in a pattern that will not overload the system.
- We provide **complete decongestive therapy** for long term management of the lymphedema condition.



Kimberly Sarraillon, OTR/L, OTD, CLT

Kimberly has worked at Hillcrest nearly seven years and graduated from the University of Nebraska at Kearney in 2003 with degrees in Exercise Science and Therapeutic Recreation. In 2008, she graduated from Creighton University with a Doctorate of Occupational Therapy degree. In December of 2011 she completed her lymphedema training and certification through Norton School of Lymphatic Therapy. Kimberly has worked in various settings including, acute care, post-acute/skilled, home health and outpatient.



Hillcrest Physical Therapy is located at 1804 Hillcrest Dr. in Bellevue, just behind Great Southern Bank at the corner of Harlan Dr. (Hwy 370) and Hillcrest Dr. From Hwy 75, take the exit for Hwy 370/Bellevue and travel east; turn left on Hillcrest Dr.

Outpatient Physical, Occupational & Speech Therapy

Certifications and Expertise

Aquatic Therapy
Hand Therapy
Geriatric Therapy
Balance Therapy
Korebalance™ System
LSVT-BIG & LSVT-LOUD
VitalStim® Swallowing
Therapy

Women's Health
Osteoporosis Management
Back Pain/Spinal Rehab
Stroke/Neurological Rehab
Lymphedema Management
Total Joint
Rehab Sports Therapy
Massage Therapy

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