



LK LYMPHOEDEMA CENTRE

To make an appointment, please call (08) 9383 3838 or make an online booking via our website www.lk-lymphoedema.com

 Ground floor, Cottesloe Medical Centre, 525 Stirling Hwy, Cottesloe WA 6011



Linda Khong, PhD, MManips, BAppSc (Physio Hons), BBA

Dr Linda Khong, PhD, is a recognised APA Cancer, Lymphoedema, Gerontological and Musculoskeletal Physiotherapist. Linda is also an accredited Lymphoedema Therapist with ALA, and DVA with over 15 years of experience in areas including post-op joint swelling, post-DVT, post-cellulitis, congenital lymphoedema and lipoedema.

Linda is an expert physiotherapist dedicated to resolving your persistent swelling by working with you to draw up an oedema management programme tailored for you.

Things to consider:

- Each appointment is 50 minutes in length.
- DVA clients are welcome.
- Out-of-pocket expenses may be incurred.
- Treatment of this chronic problem will take a minimum of 3 months before any improvements are noticeable.
- Your doctors may be consulted about your treatment. For your care, we follow a process of:
 - Assessment
 - Treatment plan and recommendations
 - Fitting of any medical appliances
 - Review of issues that may arise
 - Ongoing follow-up to maintain results



Have you had persistent swelling for more than three months? Do you have one or a few of the following signs and symptoms?



ONGOING SWELLING

Ongoing swelling in any part of the body e.g. legs, arms, breast or genitals. Swelling that comes and goes. It is better overnight/morning but worsens at the end of the day.



DELAYED HEALING

Need help with swelling for delayed or non-healing wounds



CONSTANTLY SICK

You suffer from repeated infections, feeling sick and sometimes hospitalisation



RELIANT ON DIURETICS

Diuretics (water tablets) is helpful but the problem keeps returning when the tablets stop. Need help to deal with this

LK Lymphoedema Centre offers a One-Stop Personalised Solution for your problem. Our service include:



LYMPHATIC DRAINAGE

Linda offers personalised manual lymphatic drainage (Advanced-level Vodder Practitioner since 2003) with cutting-edge equipment to reduce your swelling



COMPRESSION STOCKINGS

Linda is qualified to prescribe a custom-made or off-the-shelf compression stocking that you can manage



COMPRESSION PUMP

Provide and prescribe a compression pump that is simple to use daily (hire or purchase options available)