



REFERRAL GUIDE

Specialized Lymphedema & Cancer Rehabilitation

C3 Physical Therapy LLC | Tucson, Arizona

Now accepting new patients

Refer when your patient has:

- New or persistent limb, breast, trunk, or genital swelling
- Heaviness, tightness, aching, or reduced mobility
- Lymphedema risk after lymph-node surgery or radiation
- Lipedema-related pain, swelling, or functional limitations
- Post-mastectomy or cancer-treatment mobility concerns
- Need for compression, self-management, or caregiver training

SERVICES PROVIDED

- **Lymphedema evaluation and treatment**
- Complete decongestive therapy (CDT), as clinically indicated
- Manual lymphatic drainage (MLD), as clinically indicated
- Compression education and garment recommendations
- Therapeutic exercise, mobility, and functional rehabilitation
- Cancer rehabilitation and post-mastectomy care
- Lipedema education, symptom management, and movement support
- Individualized home program and long-term self-management

WHAT PATIENTS RECEIVE

A focused evaluation and practical plan

Care is tailored to the patient's diagnosis, symptoms, goals, medical history, and daily needs.

Clear education

Patients learn risk reduction, skin care, compression considerations, movement strategies, and when to contact their medical team.

Coordinated communication

With appropriate authorization, C3PT can share evaluation findings, progress, and recommendations with the referring provider.

HOW TO REFER

1 Send referral/order

Include diagnosis, area affected, relevant precautions, and reason for referral.

2 Include supporting records

Recent office note, operative report, imaging, and oncology history when relevant.

3 We coordinate next steps

C3PT contacts the patient to discuss scheduling and the private-pay process.

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