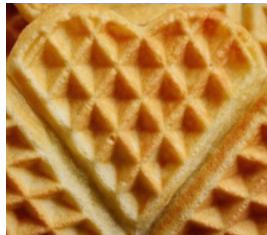




**WAFFLES FOR BREAKFAST:  
START YOUR DAY RIGHT  
WITH ANTIFIBROTIC  
COMPRESSION!**



Karen Ashforth,  
MS, OTR, CLT-LANA



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All Shapes & Sizes

**LYMPHEDEMA:**

- Excess interstitial fluid
- Creates swelling
- Chronic > 3 months
- Promotes fibrosis formation

(Földi, M., Földi, E., Ströbenreuther, C., & Kubik, S. (Eds.). (2012). *Földi's textbook of lymphology: for physicians and lymphedema therapists*. Elsevier Health Sciences.)

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All Shapes & Sizes

## LYMPHEDEMA STAGING:

O (latency):	No apparent edema
I (reversible with elevation):	Pitting edema
II (spontaneously irreversible):	Lymphedema
III (elephantiasis):	Severe Lymphedema

(Földi, M., Földi, E., Strößenreuther, C., & Kubik, S. (Eds.). (2012). *Földi's textbook of lymphology: for physicians and lymphedema therapists*. Elsevier Health Sciences.)

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All Shapes & Sizes

## LYMPHEDEMA STAGING:

<b>O: Latency</b> Focal <b>fibrosclerotic</b> tissue changes	<b>I: Reversible with elevation</b> Focal <b>fibrosclerotic</b> tissue changes	<b>II: Spontaneously irreversible</b> Extensive <b>fibrosclerosis</b> <b>Adipose deposits</b>
<b>III: Elephantiasis</b> Extensive <b>fibrosclerosis</b> , <b>Skin changes (hyperkeratosis, papillomas)</b> , <b>Massive fibrotic adipose deformities (pannus, lobules)</b>		

(Földi, M., Földi, E., Strößenreuther, C., & Kubik, S. (Eds.). (2012). *Földi's textbook of lymphology: for physicians and lymphedema therapists*. Elsevier Health Sciences.)

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All Shapes & Sizes

## LYMPHEDEMA STAGING:

- Fibrosis makes lymphedema irreversible
- All lymphedema patients have at least one form of fibrosis!



Image credit: © 2026 Wear Ease, used with permission

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All Shapes & Sizes

## LYMPHEDEMA STAGING:



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All Shapes & Sizes

## COMMON TYPES OF UPPER BODY FIBROSIS

- Lymphostatic Fibrosis
- Surgical/Traumatic Scarring
- Radiation-Induced Fibrosis
- Cording
- Seroma Fibrosis
- Fat Necrosis
- Wound Bed Fibrosis
- Post-Cellulitis Fibrosis
- Capsular Contracture



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All Shapes & Sizes

## LYMPHOSTATIC FIBROSIS:

- Created from stagnant lymph fluid
- Over time, excess fluid attracts fat cells and forms abnormal tissue



Azhar, S. H., Lim, H. Y., Tan, B. K., & Angeli, V. (2020). The unresolved pathophysiology of lymphedema. *Frontiers in physiology*, 11, 137

Image credit: © 2026 Karen Ashforth, used with permission

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## WHAT FIBROSIS DOES:

- Fibrosis is progressive and makes tissues harder, denser, stiffer
- Interferes with and blocks normal lymph flow
- Can be disfiguring
- Interferes with function
- Makes lymphedema worse
- Vicious cycle: ↑ fibrosis ↔ ↑ swelling

Azhar, S. H., Lim, H. Y., Tan, B. K., & Angeli, V. (2020). The unresolved pathophysiology of lymphedema. *Frontiers in physiology*, 11, 137

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## FIBROSIS IMPACTS BOTH COSMESIS AND FUNCTION:




## LYMPHOSTATIC FIBROSIS IS OVER 90% FAT

Brorson H (2015) Suction-assisted Lipectomy in: *Lymphedema: presentation, diagnosis, and treatment*. Greene AK, Slavin SA, Brorson H (Eds.) Springer pp. 313-324.

Image credit: © 2026 Håkan Brorson, used with permission 10

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## IMPORTANT TO TREAT THE SOURCE:

- Lymphatic obstruction begins at the areas of damage: scars, irradiated tissue
- Creates dermal backflow and lymphatic congestion
- Best treatment: eliminate the barricade!
- Many different ways to remodel hardened, damaged tissue

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All Shapes & Sizes

## ANTI-FIBROTIC TOOLS AND TECHNIQUES:

- Specialized manual therapy techniques
- Positive and negative pressure
- Light therapy
- Vibration
- Ultrasound, ESWT
- Thermal modalities
- Dry needling
- Silicone scar gel
- Pneumatic compression

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All Shapes & Sizes

## ANTI-FIBROTIC COMPRESSION GARMENTS

Texture + compression



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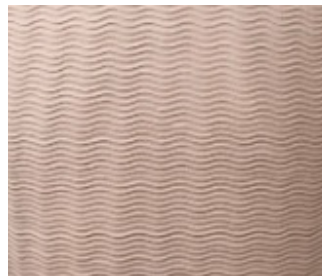
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All Shapes & Sizes


## TYPES OF ANTI-FIBROTIC GARMENTS:

- Textured fabric and quilted foam
- Paired with compression
- Gives tissues a “micro massage”



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All Shapes & Sizes

**ANTI-FIBROTIC GARMENTS:**

Micro massage short term effects:

- Stimulate circulation
- Promote decongestion

Micro massage long term effects:

- Soften tissues
- Prevent fluid build up

“Receive a massage every minute you wear them”

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All Shapes & Sizes

**TO GET THE MAXIMUM BENEFIT:**

- ✓ Wear micro massage garments day and night time
- ✓ Wear during exercise
- ✓ Wear during pneumatic compression treatment



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**Wear Ease**

**UPPER BODY COMPRESSION FOR FIBROSIS**

All Shapes & Sizes



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**Wear Ease**

**ANDREA SHIRT 960-962:**

All Shapes & Sizes



**Anti-Fibrotic Axilla Pads**

**Compression Shirt**

- Set in sleeves for additional coverage
- Sewn in pads provide compression for lateral chest wall under axilla
- No prostheses pockets

**Axilla Pad Options**

**Style 960:** Both  
**Style 960R:** Right  
**Style 960L:** Left  
**Style 962:** No pads

Style 960 (inside out)

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**Wear Ease**

**KATY T 918:**

**REMOVABLE ANTI-FIBROTIC AXILLA PADS!**

Thorax/axilla compression T-shirt  
 Pocket for removeable quilted axilla Pad  
 No pockets for prosthesis

All Shapes & Sizes

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**Wear Ease**

**L&R SWELL SPOTS + WEAR EASE BRAS AND CAMISOLES**

All Shapes & Sizes

Curved Pad SP-01      Breast Pad SP-09      Circular Pad SP-06

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**Wear Ease**

**L&R SWELL SPOTS + WEAR EASE BRAS AND CAMISOLES**

All Shapes & Sizes



**Kidney Pad SP-08**

**Lateral Pad SP-16-A**

**Full Bra Pad SP-16-B**

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**Wear Ease**

**WEAR EASE STERNUM & GENITAL PAD 309**

All Shapes & Sizes



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All Shapes & Sizes

### KARENA TEXTURED COMPRESSION BRA 770



**ENTIRE GARMENT PROVIDES: ANTI-FIBROTIC TREATMENT!**

- Comfortable
- Covers wide area
- Good compression
- No binding
- Easy to put on/take off

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All Shapes & Sizes

### KARENA BRA EFFECTS:



- Stimulates scars at breasts, axilla, and thorax
- Provides relief from pain, swelling
- Promotes comfort and healing

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All Shapes & Sizes

### KARENA BRA EFFECTS:



- Decreased pain
- Decreased swelling
- Decreased tissue hardness
- Improved skin texture
- Improved scar appearance
- Improved skin appearance

Image credit: © 2026 Wear Ease, used with permission

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All Shapes & Sizes

### KARENA BRA PRE/POST EFFECTS:



**“Having the tool of anti fibrosis along with compression is the perfect mix!”**


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**Wear Ease**

**KARENA BRA PRE/POST EFFECTS:**



**“It is amazing!”**  
 “I have had fibrosis that has worsened the last three years on the left breast and after a short time of wearing, symptoms are reducing.”

Image credit: © 2026 Wear Ease, used with permission

All Shapes & Sizes

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**Wear Ease**

**HOT OFF THE GRIDDLE!!**


NEW MICROMASSAGE GARMENTS!

BEST BRA #775  
 BEST SHORTS #770



All Shapes & Sizes

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**BEST BRA #775    sizes S-2XL**


All Shapes & Sizes

- Texture + Gradient compression
- Flattering under clothing, breathable and comfortable
- Double construction provides sternal compression and separates breasts

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**BEST BRA #775    sizes S-2XL**

All Shapes & Sizes

- Provides relief from pain, swelling, inflammation, overall discomfort- even comfortable enough for night use!
- Textured lining softens radiation fibrosis and both old and new scars : breast, thorax and axilla
- Increases comfort and effectiveness: post-surgical healing

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**BEST SHORTS #770 sizes M-2XL**

All Shapes & Sizes

- Texture + Gradient compression
- Breakthrough fabric in groin: comfort
- Double construction prevents riding up
- Textured lining softens tissues: waist, hips, buttocks, thighs
- Relief from pain, swelling, inflammation, overall discomfort



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**WHY WEAR - WEAR EASE  
COMPRESSION GARMENTS?**

- Supreme Comfort
- Support and Relief
- Swelling Reduction
- Micro massage for Fibrosis
- Reimbursable by Insurance!**



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# THANK YOU!

# QUESTIONS?

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