



Midas Touch Lymphedema Institute Marks 25 Years of Integrative Approach to Lymphedema Management

October 28, 2025

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As healthcare systems nationwide grapple with chronic condition management, a South Miami physical therapy clinic is marking its 25th anniversary and highlighting how one-on-one, integrative care supports long-term lymphedema management and quality of life.

Midas Touch Lymphedema Institute, founded in 2000 by physical therapist Ana Maria Mendieta, has developed a comprehensive model for lymphedema management that extends beyond traditional physical therapy protocols. The clinic's approach addresses a growing healthcare challenge: providing effective long-term care for the estimated 3 to 5 million Americans living with lymphedema, a chronic condition characterized by tissue swelling that typically results from cancer treatment, surgery, or genetic factors.

Unlike conventional treatment models that focus solely on symptom reduction, the Institute integrates Manual Lymph Drainage (MLD) and Complete Decongestive Therapy (CDT) with complementary modalities including specialized yoga instruction, Chopra coaching methodology, and energy healing practices. This holistic

framework for lymphedema management reflects emerging research suggesting that chronic condition outcomes improve when physical interventions are paired with mental and emotional support.

"The reality of lymphedema management is that it requires a lifetime commitment," explains Mendieta, who completed advanced training in Manual Lymph Drainage and Complete Decongestive Physiotherapy in 1997 and helped launch a lymphedema program at Baptist Hospital before opening her own practice. "Physical intervention alone addresses only one dimension of a condition that affects every aspect of a person's life."

The clinic's patient-centered model emphasizes one-on-one care, with individualized treatment plans designed to help prevent progression of lymphedema while supporting overall quality of life. Patient testimonials consistently note the personalized attention and long-term relationships developed over years or even decades of continuous care—a rarity in modern healthcare settings where brief appointments and rotating providers have become the norm.

Beyond clinical services, the Institute has addressed systemic access barriers through a South Florida-based initiative established by Mendieta to expand access to care for uninsured and underinsured patients. This initiative responds to a documented gap in healthcare coverage, as many insurance plans limit lymphedema therapy despite its classification as a chronic condition requiring ongoing management.

The integration of Chopra Total Well-Being coaching into lymphedema management represents another distinctive element of the clinic's approach. Mendieta, who received certification in 2022 through the Chopra Center's Total Well-Being Coach program, incorporates mindfulness practices, meditation, and Ayurvedic principles to help patients develop resilience and coping strategies alongside physical treatment protocols.

For cancer survivors specifically, the clinic developed Yoga4Cancer programming—a specialized practice that acknowledges the unique physical and emotional challenges faced by individuals recovering from cancer or managing survivorship. This adaptation recognizes that standard exercise programs often fail to accommodate the reduced mobility, fatigue, and psychological stress experienced by cancer patients dealing with secondary lymphedema.

The clinic serves patients throughout Miami-Dade County, including residents of Coral Gables, Pinecrest, Kendall, Palmetto Bay, and Miami Beach. Located at 7600 Southwest 57th Avenue in South Miami, the Institute operates within Florida's most populous county, which is home to about 2.77 million residents (2024 estimate).

As the healthcare industry increasingly recognizes the limitations of treating chronic conditions through episodic, symptom-focused interventions, models like the one developed at Midas Touch Lymphedema Institute offer insights into alternative approaches. The clinic's 25-year track record and long-term patient

retention rates suggest that comprehensive lymphedema management?addressing physical, emotional, and practical dimensions of living with a chronic condition?may produce more sustainable outcomes than conventional treatment paradigms.

For information about lymphedema management services, interested parties may contact Midas Touch Lymphedema Institute at (305) 740-7292 or visit www.midastouchlymphedemainstitute.com.

About Midas Touch Lymphedema Institute

Midas Touch Lymphedema Institute provides comprehensive lymphedema care through integrative therapies, individualized treatment, and patient education. Established in 2000 by Ana Maria Mendieta, MSPT, CLT, the Institute continues to serve South Florida with a focus on improving quality of life for individuals living with chronic swelling conditions.

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Midas Touch Lymphedema Institute

Midas Touch Lymphedema Institute offers a holistic path to wellness that nurtures one's body, mind, and spirit. Their all-inclusive approach is designed to support every aspect of one's well-being, helping them achieve balance, vitality, and inner peace.

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