

Professional Training
in the
Original Dr. Vodder
Method
of
Manual Lymph
Drainage
(MLD)
&
Combined
Decongestive Therapy
(CDT)

Course Information

- Course Outline
- Prerequisites
- Course Objectives
 - for each level
- Study Guides
 - for each level
- Required reading
- Indications for Therapy
- About the Instructors



Quality is in our Hands ~ Training Excellence

Course Outline

The courses in Manual Lymph Drainage (MLD®) are based on those of the Dr. Vodder School in Austria, the original and leading school for this technique

BASIC: 40 hrs (Practical 32 hrs, Theory 8 hrs)

An intensive course involving extensive hands-on work. The basic movements and their application to each body part are taught. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of MLD and contraindications. Lymphoedemas are described with an emphasis on the effects of MLD. Participants receive a certificate from Vodder Schools International.

THERAPY I: 40 hrs (Practical 32 hrs, Theory 8 hrs)

The practical sessions of this course include special techniques for the joints, the head (including intra-oral) and deep abdominal work and introduces the student to therapeutic applications of MLD. A review of all Basic techniques and sequences is given. The Basic theory is reviewed and advanced theory and current research are introduced. An oral, written and practical exam is given to test the student's competence in Basic techniques and theory. Participants receive a certificate from Vodder Schools International.

THERAPY II AND III: 80 hrs (Practical 65 hrs, Theory 15 hrs)

Successful completion of the Therapy I exam enables the student to continue to these final two courses which are taught consecutively. They cover various pathologies with an emphasis on lymphoedema treatment in the context of Combined Decongestive Therapy (CDT). Theoretical instruction is given by the medical director of the Dr. Vodder School or other international expert. Bandaging and specific MLD treatments are taught. There are oral, written and practical exams in which the student must demonstrate competence in techniques, treatment and bandaging. Students who successfully complete the examinations are awarded the International Certificate in the Dr Vodder Method of MLD & CDT.

THERAPIST REVIEW: 25 hrs (Practical 17 hrs, Theory 8 hrs).

An annual course is available for therapists to update and review their skills. Certified therapists are required to maintain their certification by attending a Review or a Therapy II class at least every two years and demonstrate continued competence.

REVIEW OF THE BASIC CLASS: 8 hrs

Basic techniques and sequences for all body regions, neck, face, arms, legs, abdomen, nape, buttocks, chest & back. Short theory review guided by therapist questions. Participants receive a certificate from Vodder Schools International.

REVIEW OF THE THERAPY I CLASS: 12 hours

Review of basic techniques and sequences for all body regions (as for the Basic review). Review of Specials, face, shoulder, arm, hip, leg, deep abdomen, intercostals. Short theory review guided by therapist questions. Participants receive a certificate from Vodder Schools International.

Prerequisites for the Therapist Training

BASIC COURSE

Enrolment is open to persons with any of the following qualifications:

- Medical Doctor
- Naturopath
- Occupational Therapist
- Physiotherapist
- Podiatrist
- Registered Nurse
- Remedial Massage Therapist
- Massage therapist* (minimum 500 hour's training)

Evidence of a health-care practitioner qualification is required with registration.*

THERAPY COURSES

Enrolment is open to persons who have satisfactorily completed the Dr. Vodder School Basic Course for Therapists. The Therapy II & III courses are available to persons who have successfully completed Therapy I.

CONSTRAINTS

At each level of certification, practitioners will be required to sign an agreement not to teach MLD and only to use MLD for indications taught at that level. Students whose sole purpose is to aid a relative requiring MLD must submit a written agreement to use MLD for that relative and particular condition only. See www.movinglymph.com for examples of Student Agreements.

UNDER GRADUATE STUDENTS

Students of undergraduate programs in any of the prerequisite qualifications who have completed a minimum of 500 hours in the curriculum of a recognised course may commence training with the Dr Vodder School, however completion is required before the certificate at any level can be issued. Evidence of a health-care practitioner qualification is required before the Therapy II and III certificate will be awarded.

AESTHETICIAN COURSES:

Please contact jan@movinglymph.com for information regarding courses for Beauty Therapists

*Relatives or carers of person with lymphoedema may take portions of the course without prerequisite qualification. Please email jan@movinglymph.com for more information.

Course objectives

BASIC COURSE

Theory component (8 hours):

1. To familiarise the student with the history and context of the Dr. Vodder method of Manual Lymph Drainage and Combined Decongestive Therapy.
2. To familiarise the student with the anatomy of the lymph system and related structures in the connective tissue.
3. To give the student an understanding of fluid exchange between blood vessels, connective tissue and lymph vessels, and the various forces affecting fluid movement.
4. To describe the effects of MLD in body physiology, specifically the nervous system, smooth muscle, tissue drainage and immunological functions.
5. To give the student an understanding of how pathologies arise through disruption of the lymph and circulatory systems, and to classify the causes of oedema.
6. To give the student an understanding of the indications and contraindications for MLD therapy.
7. To give the student an understanding of the context of MLD as a treatment model and the types of disorders that can be treated with it.
8. To introduce the student to current research into MLD therapy.

Practical component (32 hours):

1. To introduce the student to the precise movements required to apply MLD correctly.
2. To teach the four (4) Basic movements of MLD, their application to various body parts with the necessary sequencing.
3. To integrate the theory into practical experience.
4. To prepare the student for the Therapy courses in Dr. Vodder's Manual Lymph Drainage.

Course objectives

THERAPY 1

Theory Component (8 hours)

1. To review the Basic theory.
2. To further expand on the topics covered in the Basic course with a more detailed anatomy and physiology of the lymph system.
3. To give the student a thorough understanding of the pre-lymphatic pathways in the central nervous system and an appreciation of how MLD might affect them.
4. Review and discussion of oedema with further elaboration.
5. Current research into the lymph vessel system in order to familiarise the students with developments in lymphology and MLD research.
6. To prepare the student for the Therapy I theory exam.

Practical Component (32 hours)

1. To refine and improve the techniques learned in the Basic course.
2. To insure competence in the sequences of the Basic techniques for all body parts.
3. To teach the student Manual Lymph Drainage with joint mobilization techniques.
4. Special techniques for lymph drainage of the head.
5. Techniques to relieve abdominal lymphatic congestion.
6. Specialised techniques for the intercostal drainage.
7. To prepare the student for the Therapy I practical exam

Students must have a certificate of completion of the Basic level of Dr. Vodder's Manual Lymph Drainage training. To facilitate the learning experience of the student and the momentum of the class, students are requested to meet the expected levels of comprehension for the Basic class.

Study Guide

These courses are designed for health care professionals and a certain level of understanding is necessary in order to benefit from the training as there will be little class time to explain fundamental principles of physiology, anatomy and pathology.

ASSUMED KNOWLEDGE:

Physiology (at least 100 hours of prior study recommended)

A thorough understanding of the basic systems of the body is necessary, including the nervous, muscular, skeletal and circulatory systems. In particular, students should be comfortable with circulatory system physiology, the exchange of fluids between blood capillaries and connective tissue, and basic knowledge of the lymph vessel system. These topics can be read in any physiology textbook at a college or undergraduate university level.

We recommend "*Guytons Textbook of Physiology*", by Arthur Guyton M.D.

Anatomy (at least 100 hours of prior study recommended)

Students should feel comfortable with the musculoskeletal system and know the names and locations of the muscles and bones. Some examples would be the quadratus lumborum muscle or the occipital bone. The student should have some knowledge of the basic anatomy of the lymph vessel system its major components, eg. the cisterna chyli. These systems can be reviewed in any textbook of anatomy and physiology.

We recommend: "*Dr Vodder's textbook of MLD: A practical guide*" By H. Wittlinger

Pathology (at least 50 hours of prior study recommended)

Although the Basic course will not be covering pathologies in any detail, students should feel comfortable with general principles of pathology. An example would be familiarity with the process of inflammation. We will be covering various types of oedema in the course and you can familiarize yourself with this topic by reading Dr. Vodder's Manual Lymph Drainage, Vol. I, by Hildegard and Günter Wittlinger before the course.

Medical Terminology (at least 10 hours of prior study recommended)

Students should feel comfortable with terms describing body position such as: distal, medial, prone etc. Common terms used to describe pathology should be familiar also, such as lymphoedema, nephritis, congestive heart failure.

COURSE STUDY

During the course, students are encouraged to study practice during the evenings to reinforce the theory techniques learned during the day. Please come prepared for this course to maximise your learning experience.

Required reading

Due to the intensity of the training, students are advised to do some preliminary study of the lymph vessel system and to familiarise themselves with lymphatic terminology. Listed below are the required texts and some suggested reading materials. We encourage you to find additional learning resources.

REQUIRED TEXTS

All courses:

Textbook of Dr Vodder's Manual Lymph Drainage: A Practical guide. H Wittlinger. 2010

Therapy II&III

Lymphedema Diagnosis and Therapy, 4th Edition. Weissleder & Schuchhardt

Both texts are available from, www.vodderschool.com or with course registration.

ADDITIONAL READING (optional)

Textbook of Medical Physiology, A.C. Guyton M.D and J.E.

Human Anatomy and Physiology, Elaine N Marieb.

Compendium of Dr Vodder's Manual Lymph Drainage, Renato Kasseroller.

Indications for MLD & CDT

(upon completion of full therapist training)

This is by no means a comprehensive list of all indications for the full MLD therapy. For information on specific indications please contact your Instructor or the Dr Vodder School.

- Acute Inflammation including
 - ~ Bursitis
 - ~ Haematoma
 - ~ Sprains
 - ~ Burns
- Chronic Inflammation including
 - ~ Sinusitis
 - ~ Arthritis
 - ~ Acne
 - ~ RSI
 - ~ CPRS
- Pre and Post Surgery including
 - ~ Cancer
 - ~ Prosthetic
 - ~ Cosmetic
 - ~ Scar treatment
- Circulatory Problems including
 - ~ Venous Ulcers
 - ~ Swollen Limbs
- Lymphoedema
- Stress, Headache
- Orthopaedic & Musculo-Skeletal Disorders

Your Instructors

BASIC & THERAPY I



Jan Douglass is a Remedial Massage Therapist with more than 25 years clinical and teaching experience.

Jan studied the Dr Vodder method in Canada in 1997 and became an Accredited Instructor with Vodder Schools International in 2002.

Jan brings a wealth of teaching experience to the Dr Vodder Courses including many years as lecturer and co-ordinator of Health Science programs at South Australian Health Education Centre where she was instrumental in developing Anatomy and Physiology and Pathophysiology courses for Massage Therapists and Naturopaths. A perpetual student herself, Jan is a graduate of Adelaide University School of Health Sciences, has an Honors Degree from UniSA in Yoga for breast cancer related lymphoedema and is currently undertaking a PhD at James Cook University in Lymphatic Filariasis.

Jan was involved in Lymphoedema research with Professor Neil Piller through Flinders University and was the senior therapist in the Lymphoedema Assessment Clinic at Flinders Medical Centre in South Australia before moving to Townsville to commence her PhD.

Despite becoming well known for her work in lymphoedema therapies and presenting papers at national and international lymphoedema conferences, Jan remains passionate about the use of the Vodder technique in *all* its myriad applications. In particular the profound results achieved in musculo-skeletal conditions which are treated using the Special techniques taught in the Therapy1 class.

Jan is proud to offer the Basic Body and Therapy 1 courses throughout Australia as these courses provide the fundamental skills necessary for achieving excellent results using Dr Vodder's Manual Lymph Drainage.

THErapy II&III



Koby Blanchfield

Since 1990 Koby has maintained a private clinical practice, the focus being primarily lymphatic pathologies, including lymphoedemas, post surgical interventions, traumas and wound care.

Koby was first certified as Dr. Vodder School Instructor in 1995. Having worked with students of diverse disciplines (massage therapists, physiotherapists, occupational therapists, nurses, and doctors),

Koby has enjoyed the privilege of teaching internationally on several continents. She has presented at many conferences: lymphedema, wound care, world conference on breast cancer, and scientific aesthetician. She has participated at the board level of several organizations, and is currently a co-chair of the Education Working Group of the Canadian Lymphedema Framework. Koby has been a member in good standing with the International Society of Lymphology (ISL) since 2001, a member of the Lymphology Association of North America (LANA) since 2002. She is passionate about the Dr. Vodder method of Manual Lymph Drainage, and enjoys seeing the benefit it brings to patients.

"It feels like teaching is a natural extension of my clinical practice. Plus it has a wonderful exponential advantage. Sharing knowledge with therapists means more patients will benefit."



Neil Piller

Neil is Professor in Lymphology and the Director of the Lymphoedema Assessment Clinic, Department of Surgery, Flinders University & Medical Centre in Adelaide, South Australia.

He is a senior member of a team of clinical and experimental research investigators in the Microcirculation and Microcirculatory Laboratories and a course coordinator of the Graduate Entry Medical Program in the School of Medicine at Flinders University.

Neil has presented and published over 300 works and is an internationally-renowned lymphologist. He is the president of the Asia Pacific Lymphology Conference to be held in Darwin in 2016, an Executive member of the International Society for Lymphology, a Board Member of the Union Internationale Phlebologie and a member of the consensus committee on lymphoedema and lymphatic malformations and a member of the International Advisory Board of the Lymphoedema Framework. He is Australasian Editor of the Lymphatic Research and Biology (USA), and a member of the editorial boards of The Journal of Lymphoedema (UK), Lymphology (USA) and US-China Journal of Lymphology and Oncology.

Neil's commitment to empowering students with a sound understanding of the anatomy, physiology and pathophysiology of lymphatic system and his energetic and lively classes have inspired many Dr. Vodder therapists.

Our Mentors



Astrid and Dr Emil Vodder, originators of Manual Lymph Drainage with Gunther Wittlinger, founder of the Dr Vodder Akademie, Walchsee, Austria



Professor Hildegard Wittlinger, and Robert Harris, Director of Dr Vodder Schools International, North America



Dr. Vodder School™