THE DR VODDER METHOD OF MANUAL LYMPH DRAINAGE

INFORMATION FOR COURSE ORGANIZERS AND PARTICIPANTS

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APPLICATION FORM

THERAPIST

FOR TRAINING IN DR. VODDER’S MANUAL LYMPH DRAINAGE:

(Please print clearly)

NAME:_________________________________________________________________

ADDRESS:
PO Box/Street:________________________________________________________
City:_________________________________________________________________
State Prov:___________________________________________________________
Post Code:____________________________________________________________
Phone #(s):Home:(______)_______________Business: (______)__________________
Fax: (_______) ______________________________Email: _______________________

OCCUPATION:__________________________________________________________

EDUCATION
Highest Level:___________________________________________________________
Year taken and location:__________________________________________________
Training background for this course:________________________________________

(Copies of certificates, registrations, diplomas, degrees etc. required to accompany this application)

COURSE APPLIED FOR:     BASIC,     THERAPY I,     THERAPY II & III  (circle one)

DATE AND LOCATION:____________________________________________________

DEPOSIT ENCLOSED: $_____________________________________________________

I hereby state that the above information is true and correct in all aspects. I am aware of the Student Agreement that I will be required to sign before receiving my certificate of course completion.

Signed:_________________________ Dated:_____________________

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Dr. Vodder School -International, P.O. Box 5121, Victoria, B.C. Canada V8R 6S8 Tel: (250) 598-9862 Fax: (250) 598-9841
info@vodderschool.com www.vodderschool.com
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Non Disclosure / Waiver Form
Dr. Vodder School International Course

Non-Disclosure
I agree not to copy the handout materials or any portion thereof, unless written permission is obtained from the Dr. Vodder School Instructor or the Dr. Vodder School International.

Waiver
I recognize that I am a participant in this practical course in order to further my knowledge and skill in Dr. Vodder’s manual lymph drainage techniques and other related topics, according to the level of the instruction taught. I understand that I will practice on and be practiced on by other participants in the course, in order to learn these techniques. I release the instructor, and any teaching assistants, the sponsoring organization and the Dr. Vodder School International and hold them harmless from any and all liability, claims, damages, actions and cause of action whatsoever, for loss, damages or injury to persons or property.

I further agree to disclose in writing below all of my physical and medical conditions, limitations and sensitivities and agree to release and hold the instructor and any teaching assistants, the sponsoring organization and the Dr. Vodder School International, harmless from any liability, claims, damages, actions and causes of action in any way relating to or arising from said conditions, limitation or sensitivities. I expressly agree that all instruction and use of all facilities and equipment shall be undertaken at my own risk. I am physically and medically able to undertake any and all instruction provided. All practical classes will require hands-on work both on myself and on others. I agree to participate in all practical classes (please initial__________).

Please check any of the following conditions for which you currently have or have been treated

- **within the past six months:**
  - Infection
  - Injuries
  - Flu
  - Contagious diseases
  - Open wounds
  - Thrombosis

- **at any time:**
  - Cancer (indicate type and date)
  - with radiation
  - with lymph node removal
  - Cardiac/pulmonary conditions (indicate condition)
  - Other

Please list any concerns you may have or feel the instructor should know about:

__________________________________________
__________________________________________
__________________________________________

There is nothing to report (please initial__________)

Thank you for completing this before the course begins.

Date: ______ Name (please print): ______ Signature: ______

Date of Course: ______ Course type: ______ Location: ______

*The information you have provided to us voluntarily will be stored safely and in compliance with Privacy Policy regulations. If you wish to view our Privacy Policy, please contact us or visit our web site at [www.vodderschool.com](http://www.vodderschool.com)*
DR. VODDER SCHOOL TRAINING PROGRAM

COURSE OUTLINE FOR CERTIFICATION: THERAPIST TRAINING

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. They are designed for health care practitioners and divided into four parts and a Review:

**Basic:** An intensive course involving extensive hands-on work. The basic strokes 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. Lymphedema is described with an emphasis on how MLD can affect the various forms.

Class time: 40 hrs (Practical 32 hrs, Theory 8 hrs)

**Therapy I:** The practical sessions of this course include special techniques for the joints, the head (including intra-oral) and deep abdominal work. They introduce the student to therapeutic applications. A review of all Basic techniques and sequences is given. In the theory sessions, advanced theory and current research is discussed as well as a review of Basic theory. An oral, written and practical exam is given to test the student's competence in Basic techniques and theory.

Class time: 40 hrs (Practical 32 hrs, Theory 8 hrs)

**Therapy II and III:** 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 lymphedema treatment in the context of Combined Decongestive Therapy (CDT). Theoretical instruction is given by the medical director of the Dr. Vodder School. Bandaging and specific MLD treatments are taught. At the end of the course, students take an oral, written and practical exam to demonstrate competence in techniques, treatment and bandaging. Students who successfully complete the examinations may then describe themselves as Vodder-certified MLD Therapists.

Class time: 80 hrs (Practical 65 hrs, Theory 15 hrs)

**Review:** 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.

Class time: 25 hrs (Practical 17 hrs, Theory 8 hrs)
PREREQUISITES FOR THE BASIC THERAPIST TRAINING

Basic Course for Therapists

Enrollment is open to the following:

Licensed or Certified Health Care Practitioners: MD, PT, PTA*, OT, OTA*, RN, MT (see below), DC, ND, Physician’s Assistant*.

For Massage Therapists: A minimum of 500 hours in the curriculum of a massage therapy school or successful completion of the US National Certification exam is required.

* College certification required.

Therapy Courses

For Therapy I, enrollment is open to persons who have satisfactorily completed the Dr. Vodder School Basic course for Therapists. For Therapy II & III, enrollment is open to persons who have successfully completed Therapy I. Documentation of health-care practitioner status is required before the Therapy II and III certificate will be awarded.

Constraints

Each prospective Basic student will be required to sign an agreement neither to teach MLD nor to use MLD as therapy without specific certification by the Dr. Vodder School. Prospective Basic 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. Prospective Therapy I students will be required to sign an agreement neither to teach MLD nor to use MLD to treat lymphedema until certified at the Therapy III level by the Dr. Vodder School. Prospective Therapy II & III students will be required to sign an agreement not to teach MLD and to use MLD within the professional practice acts of her/his state or province.

* Licensed Health Care Professionals include for example:

- Acupuncturists
- Chiropractic doctors
- Dentists
- Homeopathic doctors
- Massage Therapists

- Medical doctors
- Naturopathic doctors
- Osteopathic doctors
- Nurses
- Occupational Therapists

- OT Assistants (COTA)
- Physical Therapists
- PT Assistants (PTA)
- Physicians Assistants
- Speech Therapists
NOTICE TO STUDENTS ATTENDING

BASIC

DR. VODDER'S

MANUAL LYMPH DRAINAGE

Due to the intensity of the training, students are asked to do some preliminary studying of the lymph vessel system, to familiarize themselves with the terminology.

The *Dr. Vodder Manual Lymph Drainage: A Practical Guide*, is a required read for the Basic and Therapy I courses;


Listed below are some suggested reading materials, though you may be able to find your own sources.


It is also suggested that students keep their evenings free to practice techniques learned during the day. Students gain most benefit from this course when they can get together with other course participants to review the material learned that day.

Please note this course teaches techniques and not the treatment of pathologies. Therapists will learn how to apply MLD to all parts of the body on individuals who have an intact lymph vessel system.

Wishing you a successful learning experience with this course in Dr. Vodder's Manual Lymph Drainage.
STUDY GUIDE FOR DR. VODDER'S MANUAL LYMPH DRAINAGE: BASIC COURSE

These courses are designed for health care professionals with at least 500 hours of formal training or equivalent. 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. A specific description of the expected level of comprehension is given below:

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 the circulatory system physiology, 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 Guyton’s 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 basic anatomy of the lymph vessel system should be familiar to the student and the location of its various components, eg. the cisterna chyli. These systems can be reviewed in any textbook of anatomy and physiology.

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 edema in the course and you can familiarize yourself with this topic by reading Dr. Vodder's Manual Lymph Drainage, Vol. I, by Hildegard and Günther 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 lymphedema, nephritis, congestive heart failure.

Course Study
During the course, students are encouraged to practice the techniques learned during the day. Where possible, the classroom will be available for evening use.

Please come prepared for this course and have a good learning experience with Dr. Vodder's Manual Lymph Drainage.
**COURSE OBJECTIVES:** Dr. Vodder's Manual Lymph Drainage

**Basic Course**

*This course teaches the original Dr. Vodder method of Manual Lymph Drainage (MLD). The objectives of the theory part of the course (8 hours) are:*

1. To familiarize the student with the history and context of the Dr. Vodder method of Manual Lymph Drainage and Combined Decongestive Therapy.

2. To familiarize 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 teach the student how MLD affects various systems in the body, specifically the nervous, smooth muscle, drainage and immunological systems.

5. To give the student an understanding of how pathologies arise through disruption of the lymph and circulatory systems, and a description of various types of edema.

6. To make the student aware of the contraindications for MLD.

7. To give the student an understanding of the context of MLD as a treatment modality and the types of disorders that can be treated with it.

8. To familiarize the student with current research into MLD therapy.

*The objectives of the practical part of the course (32 hours) are:*

1. To teach the student an effective, light, subtle technique.

2. To teach the 4 Basic strokes 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.
NOTICE TO STUDENTS ATTENDING

THERAPY I

DR. VODDER'S

MANUAL LYMPH DRAINAGE

Due to the intensity of the training, students are asked to do some preliminary studying before attending this class. Students should review all their Basic theory notes as they will be encouraged to participate in discussions on various aspects of the theory.

The *Dr. Vodder Manual Lymph Drainage: A Practical Guide*, is a required read for the Therapy I course;


Suggested reading for this course is:


Students are asked to have memorized the sequences taught in the Basic class, for all nine body parts. This will enable the class to focus on improving the Basic techniques and learning the additional Therapy strokes taught in this class. It is suggested that students keep their evenings free to practice with other class members during the course.

The Therapy strokes taught in this class are used in treatment and therapists familiar with pathologies may find application of these techniques in their practices. Please note this course teaches techniques and not specific treatment of pathologies Application of MLD to various pathologies is taught in the third and fourth part of the training (Therapy II and III).

Wishing you a successful learning experience with this course in Dr. Vodder's Manual Lymph Drainage.
STUDY GUIDE FOR DR. VODDER'S MANUAL LYMPH DRAINAGE:

THERAPY I COURSE

This course is designed for health care professionals with at least 500 hours of formal training or equivalent. In addition, 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 as follows:

Basic level training:
Before coming to the Therapy I class, students will be expected to have practiced and memorized their Basic sequences and techniques for all body parts. Please review all Basic theory notes as students will be encouraged to participate in various discussions on the theory.

Pathology:
Therapists who gain certification in this course must demonstrate comprehension of the major pathologies covered in the next levels of the course: Therapy II and III. Students who have sufficient prior learning experience in this topic will gain recognition and will not be required to demonstrate comprehension. Examples of prior learning experience would be a State or National recognized qualification in nursing, physiotherapy, occupational therapy or remedial massage therapy. Therapists who do not have prior learning experience will be asked to demonstrate comprehension by attending a suitable course recognized by the Dr. Vodder School or by sitting a challenge test on the pathologies covered, prior to being awarded the Therapy I certificate.
Course Objectives: Dr. Vodder’s Manual Lymph Drainage Therapy I Course

This course is a continuation of the Basic Course in MLD and students will have successfully completed the Basic level before continuing with this course. The objectives of the course are:

**Theory**  (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 edema with further information.
5. Current research into the lymph vessel system in order to familiarize the students with developments in lymphology and MLD research.
6. To prepare the student for the Therapy I exam.

**Practical**  (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 on 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. Specialized techniques for the intercostal drainage.
7. To prepare the student for the Therapy I practical exam.
MANUAL LYMPH DRAINAGE: THE DR. VODDER TECHNIQUE

As physical therapists in France in the 1930's, the Vodders (Estrid and Emil) originated a method of working directly on a part of the body that was, until that time considered taboo i.e. the lymph nodes. By 1936 they had compiled a systematic series of precise massage movements using a combination of intuition, practical experience and anatomical knowledge of the lymph vessel system. The gentle, rhythmic, pumping movements following the direction of lymph flow in the skin produced rapid results, especially with skin conditions, hematoma, eczema, varicose veins and leg ulcers. At the start of World War II, they returned to their native Denmark and started the Vodder Center MLD. The Dr. Vodder School is now located in Austria and trains therapists from around the world. In Europe, manual lymph drainage is a procedure recognized by many state health insurance plans and in Germany for example, it is now the third most prescribed physical therapy technique.

The lymph vessel system is responsible for carrying excess water, proteins and wastes from the connective tissue back to the blood stream. During the transportation process it is cleaned, filtered and concentrated with many immune reactions occurring in the lymph nodes. If the pathways become congested, blocked, damage or severed then fluids can build up in the connective tissue (edema) and eventually cell pathology may begin. If there is damage in the connective tissue (e.g. burns, chronic inflammation, ulceration, hematoma), then the lymph vessel system must transport the damaged cells, inflammatory products and toxins away from the area. The quicker this can happen, the faster the recovery will be.

Through the pumping and stretching effect of the lymph vessels, MLD makes lymph flow faster and stimulates the formation of new connections between lymph vessels. Scientific research in Europe (Hutzschenreuter, Mislin, Foldi, Collard et al) has made this the most researched massage therapy technique.

It has many diverse applications such as post-mastectomy lymphedema, migraines, sports injuries, scar tissue, acne, post-operative, plastic surgery and arthritis. There are treatments designed for many different pathologies, but essentially MLD is helping the body to recover faster by stimulating lymph flow and drainage mechanisms.

Founded in 1994, the Dr. Vodder School – International is the only school authorized by the Vodder Center MLD and the Dr. Vodder School in Austria to teach the original Dr. Vodder method. Certified teachers of the Dr. Vodder School teach Basic and Advanced classes throughout the world. The Dr. Vodder School maintains a referral list of all currently certified therapists and this is posted on its website at www.vodderschool.com.

A professional association of Dr. Vodder School – trained MLD therapists and students exists in North America. The North American Vodder Association of Lymphatic Therapy (NAVALT) seeks to maintain the high standards of therapy. Please phone 1-888-4-NAVALT for further information.