



# **MANUAL LYMPHATIC DRAINAGE MASSAGE**

**THERAPY FOR LYMPHEDEMA,  
POST-SURGERIES AND MORE**

# Manual Lymphatic Drainage

**Lisa Levitt Gainsley**



## **Manual Lymphatic Drainage:**

**Foundations of Manual Lymph Drainage** Michael Földi, Roman Strossenreuther, 2004-10-21 This manual lymph drainage guide covers the anatomy physiology and pathophysiology of the lymphatic system providing key background information necessary for effective treatment Chapters are structured according to anatomic regions focusing on the lymphatic knots and their tributary regions in the throat armpit trunk and groin Photographs illustrate the lymphatic knots and lymphatic courses which are drawn on the human body and provide a clear picture of the structures to be treated Designated points are numbered to illustrate the progression of treatment in each region Also includes coverage of complete decongestive therapy CDT Explains procedures in a detailed step by step format Features a helpful chart of lymph node groups and their tributary regions that outlines each lymph node as it pertains to a specific anatomical region Key information is summarized in the margins making it easier for readers to review what they've read and focus on important topics Self test questions provide an excellent means for readers to assess their comprehension and review key material in the book These questions are also helpful in preparing for exams Two color illustrations help the reader visualize and learn theoretical aspects of this therapy The text has been completely updated to reflect the latest techniques in lymph drainage therapy Coverage of individual treatment strokes and stroke sequences have been updated with more comprehensive descriptions and detailed photos that illustrate proper hand placement pressure and movement Expanded coverage of complete decongestive therapy including a CDT survey consisting of the case history examination and palpation that can be used to gather valuable information to formulate therapeutic goals and evaluate treatment results Dr. Vodder's Manual Lymph Drainage Hildegard Wittlinger, Dieter Wittlinger, 2010-10-20 Written by the world's leading authorities on Dr Emil Vodder's techniques for Manual Lymph Drainage MLD this lavishly illustrated guide provides step by step descriptions of how to massage the lymph vessels to stimulate smooth lymphatic flow Full color photographs supplement concise text describing the basic anatomy and physiology of the circulatory and lymphatic systems treatment techniques and the various types of swelling caused by lymphedema The authors discuss indications and contraindications as well as the ways in which Dr Vodder's method affects different regions of the body Features The latest information on complete decongestive therapy CDT including coverage of compression therapy taping respiratory treatment and other complementary methods More than 200 color photographs visualize the therapist's grips Each chapter includes numerous tips and plenty of space throughout for personal notes 50 review questions enable self study An appendix contains an informative history of Dr Vodder's life and his contributions to the field Dr Vodder's Manual Lymph Drainage A Practical Guide is a comprehensive one step reference for students therapists and practitioners of lymphology manual medicine or physical therapy Textbook of Dr. Vodder's Manual Lymph Drainage Günther Wittlinger, Hildegard Wittlinger, 2004 Manual Lymph Drainage MLD first introduced in 1936 by Drs Emil and Estrid Vodder of Denmark is a procedure which stimulates the lymphatic circulation with slow circular

and careful pumping massage movements of the hand and the thumb The thin lymph vessels run through the body tissue like a drainage system which transports the lymphatic fluid via large collecting vessels the lymph nodes on to the blood circulation Manual Lymph Drainage has especially proven its worth in the case of a congestion of the lymphatic flow This is often the result of postoperative abdominal surgery and surgical treatment of breast carcinoma It is only with this smooth and harmonic form of massage that the lymphatic flow is stimulated in the sensitive lymph capillaries Painful swelling is removed and healing is encouraged This volume contains all the subject matter of the basic course and has proven its worth for many years Hildegard Wittlinger is the director of the Dr Vodder School in Walchsee Austria and has taught the MLD technique throughout the world since 1972      **Compendium of Dr. Vodder's Manual Lymph Drainage** Renato

Kasseroller, 2015-11-18 Manual Lymph Drainage MLD is today an indispensable part of Physical Therapy This compendium begins by explaining the anatomical and physiological foundations of MLD Simple clear diagrams show the lymph pathways and readers will be brought up to date with more current perspectives on the lymph systems However the emphasis is on the practical use of MLD There is a large section devoted to lymphedema and therapy with photos of several different types of patients Other chapters of the book are devoted to traumatic injuries central nervous system disorders dermatological conditions rheumatic disorders and arthropathies Practical aspects of MLD are dealt with in a separate section at the end of the book Therapy strokes are described and photographed      Silent Waves: Theory and Practice of Lymph Drainage

Therapy 3rd Edition Bruno Chikly MD, DO, LMT, 2001-09-30 In Silent Waves Dr Bruno Chikly offers the first comprehensive examination of lymphatic drainage and lymph pathologies including lymphedema in North America There are over 460 pages 50 pages of scientific references and more than 300 illustrations Book detailed content Part 1 The Lymphatic System and the Lymphoid Organs Chapter I History 1 The Discovery of the Lymphatic System 2 Development of Manual Technique for the Lymphatic System Chapter II Phylogeny The Evolution of the Lymphatic System in Animals Chapter III Embryology Ontogeny The Evolution of the Lymphatic System in the Human Stages of Development Chapter IV The Cardiovascular System Chapter V The Lymphatic System Chapter VI Composition of Lymph Chapter VII Organization of the Lymphatic Pathways 1 The Pre Lymphatic Pathways and the Interstitial Tissue 2 Lymphatic Capillaries or Initial Lymphatics 3 Pre Collectors 4 Collectors 5 Lymph Trunks and Ducts 6 Lymph Nodes Chapter VIII The Immune System The Lymphoid Organs Chapter IX Lymph Circulation Chapter VIII Anatomy of The Lymphatic System Lymph Drainage Therapy Techniques 1 Terminal Pathways 2 The Head and Neck 3 The Upper Extremity and Chest 4 Lower Extremity 5 The Abdominopelvic Area Vessels and Nodes of the Viscera Part 2 Lymphatic Drainage Therapy LDT its Applications Manual Lymphatic Mapping MLM Chapter I Main Functions of the Lymphatic System Actions of Manual Lymphatic Therapy MLT Chapter II Indications for Lymph Drainage Therapy Chapter III Contraindications And Precautions for Lymph Drainage Therapy Chapter IV Ten Points for The Therapist to Observe for Optimal Results 1 Rhythm And Frequency of Movements 2 Hand Pressure 3 Direction of Flow Manual Lymphatic

Mapping MLM 4 Hand Techniques 5 Duration of Movements 6 Sequence of Movements 7 9 Duration of a Session duration of a Treatment and General Mistakes 10 Contraindications and Precautions of Drainage Chapter V Practical Tips for Therapists Chapter VI Manual Lymphatic Mapping MLM Part 3 Edema Lymphedema Chapter I Edema Chapter I Transport of Substances Microcirculation Chapter III Pathophysiology and Etiology of Edema Chapter IV Lymphedema an Overview Chapter V Primary Lymphedema Chapter VI Secondary Lymphedema Chapter VII Diagnosis of Lymphedema Chapter VIII Evolution of Lymphedema Complex Lymphedema Chapter IX Complications of Lymphedema Chapter X Psycho Social Dimensions of Lymphedema Part 4 Management of Lymphedema Chapter I Brief History of Complex Decongestive Physiotherapy CDP Chapter II General Principles of All Forms of CDP Chapter III Evaluation Documentation of Lymphedema Chapter IV Precautionary Measures for Lymphedema Chapter V Hands On Procedure Manual Lymphatic Therapy Mlt 1 Lymphatic Watersheds and Lymphotomes 2 Four Phases in The Drainage of Pathologic Pathways 3 Shunt Reroutes Alternative Pathways 4 Treatment of Fibrotic Tissue and Scars 5 Treatments of Side Effects of Radiation Therapy 6 Self Drainage Chapter VI External Medical Compression Chapter VII Compression Therapy Pump Chapter VIII Other Therapeutic Modalities For Lymphedema Chapter IX Exercise Under Medical External Compression Diet Chapter X Medication Chapter XI Surgery Chapter XII U S Insurance Issues Part 5 Current applications of LDT and other possibilities to be investigated Chapter I Pre Post Surgery Burns Tissue Regeneration Chapter II Chronic Venous Insufficiency Cvi and Wound Care Chapter III Gynecology Lymphatic Breast Care and Other Applications LDT Applications for Mastopathy Breast Problems and Gynecology Chapter IV Dermatology Esthetic and Cosmetic Applications Chapter V Orthopedics Sports Medicine Chapter VI Chronic and Subacute Infectious Diseases HIV Chapter VII Rheumatology Chapter VIII Neurology Central Nervous System Chapter IX Ophthalmology Chapter X Otorhinolaryngology Ear Nose Throat Chapter XI Bariatrics Obesity Cellulite Chapter XII Dentistry Orthodontics Chapter XIII Veterinary Medicine Part 6 General Overview The Water Element the Cell And Body Tissues Chapter I Life Chapter II The Water Element Chapter III The Cell Organic Compounds Chapter IV Body Tissues Connective Tissue 1 Epithelial Tissue 2 Muscle Tissue 3 Nervous Tissue 4 Connective Tissue      *Foundations of Manual Lymph Drainage* Michael Földi, Roman Strossenreuther, 2005-02-17 This manual lymph drainage guide covers the anatomy physiology and pathophysiology of the lymphatic system providing key background information necessary for effective treatment Chapters are structured according to anatomic regions focusing on the lymphatic knots and their tributary regions in the throat armpit trunk and groin Photographs illustrate the lymphatic knots and lymphatic courses which are drawn on the human body and provide a clear picture of the structures to be treated Designated points are numbered to illustrate the progression of treatment in each region Also includes coverage of complete decongestive therapy CDT Explains procedures in a detailed step by step format Features a helpful chart of lymph node groups and their tributary regions that outlines each lymph node as it pertains to a specific anatomical region Key information is summarized in the margins making it easier for

readers to review what they've read and focus on important topics. Self-test questions provide an excellent means for readers to assess their comprehension and review key material in the book. These questions are also helpful in preparing for exams. Two color illustrations help the reader visualize and learn theoretical aspects of this therapy. The text has been completely updated to reflect the latest techniques in lymph drainage therapy. Coverage of individual treatment strokes and stroke sequences have been updated with more comprehensive descriptions and detailed photos that illustrate proper hand placement, pressure and movement. Expanded coverage of complete decongestive therapy including a CDT survey consisting of the case history, examination and palpation that can be used to gather valuable information to formulate therapeutic goals and evaluate treatment results.

[A Massage Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points](#) Leon Chaitow, Sandy Fritz, 2006-01-01 Describing the background to the evolution of Rnon specificS backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy, osteopathic and chiropractic sources, this book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache.

**Dr. Vodder's Manual Lymph Drainage** Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, 2018-11-07 Fully updated guide to the theory and practice of Dr Vodder's Manual Lymph Drainage. Written by the world's leading authorities on Dr Emil Vodder's techniques for manual lymph drainage, MLD, this lavishly illustrated guide provides step-by-step descriptions of how to massage the lymph vessels to stimulate smooth lymphatic flow. A concise text describing the basic anatomy and physiology of the circulatory and lymphatic systems is supplemented by full color photographs and revelatory schematic drawings. The authors discuss indications and contraindications for the treatment techniques based on the various types of swelling caused by lymphedema as well as the ways in which Dr Vodder's method affects different regions of the body.

**Key Features:** The latest information on complete decongestive therapy, CDT, including coverage of compression therapy, taping, respiratory treatment and other complementary methods. More than 200 color photographs demonstrate the therapist's application of manual pressure and movement patterns. Each chapter includes numerous practical tips and sufficient space for personal notes. 56 review questions enable self-study.

**Dr Vodder's Manual Lymph Drainage: A Practical Guide** is a comprehensive one-stop reference for students, therapists and practitioners of lymphology, manual medicine or physical therapy.

[Lymphatic Drainage](#) Felicia Dunbar, AI, 2025-03-13 Lymphatic Drainage explores the often underestimated lymphatic system and its crucial role in detoxification and immune function. The book details how manual lymphatic drainage (MLD) massage, a gentle technique, can significantly enhance lymphatic flow, especially when compromised by surgery, illness or lifestyle factors. Intriguingly, the lymphatic system acts as the body's waste disposal and surveillance network, while MLD has been used in Europe for over a century, initially for lymphedema. The book progresses from explaining lymphatic system anatomy and physiology to detailing MLD techniques with specific hand movements and pressure. It then explores scientific evidence supporting MLD for

conditions like post surgical swelling and chronic sinusitis Ultimately it provides practical guidance on incorporating MLD into daily life including self massage empowering readers to proactively support their health and wellness through an evidence backed approach     **Lymphedema** Lawrence L Tretbar, Cheryl L. Morgan, Byung-Boong Lee, Simon J.

Simonian, Benoit Blondeau, 2010-05-06 A comprehensive evidence based introduction to the area of lymphology the book is directed mainly to the US audience and will appeal to an interdisciplinary field of health professionals It describes the unique anatomy and physiology of the lymphatic system and the intimate relationship it shares with the venous system It explores the differential diagnosis of the swollen leg arm which is often the presenting problem to the health care professional The necessity of history taking physical examination and laboratory studies are noted Treatment methods are described as an introduction and psychosocial and quality of life issues are explored in depth     **Mosby's Fundamentals of Therapeutic**

**Massage - E-Book** Sandy Fritz, Luke Allen Fritz, 2024-05-28 Gain the knowledge and skills you need to succeed in massage therapy Mosby's Fundamentals of Therapeutic Massage 8th Edition helps you prepare for licensing and certification exams as well as professional practice The book provides an in depth understanding of the principles of therapeutic massage and helps you develop the ability to reason effectively and make informed decisions from assessing problems and planning treatment to mastering massage protocols and techniques Hundreds of photographs demonstrate massage techniques step by step and case studies allow you to apply concepts to real world situations Featuring dozens of online how to videos this resource from massage therapy experts Sandy and Luke Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations Step by step full color photographs demonstrate massage protocols and techniques by body area Competency based approach helps you prepare for and pass licensing and certification exams including the Massage and Bodywork Licensing Examination MBLEx and Board Certification in Therapeutic Massage and Bodywork BCTMB Information on massage in various health care settings provides the information needed to create a massage setting in different types of environments Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Multiple choice review questions in each chapter help you recall facts and use critical thinking to apply the material with answers and rationales provided on the Evolve website Resources on the Evolve website include three hours of video showing manipulation techniques body mechanics positioning and draping and more with each clip narrated and performed by author Sandy Fritz as well as scientific animations anatomy labeling exercises review questions for licensing exams and MBLEx practice exams NEW Updated MBLEx practice questions are provided at the end of each chapter and additional questions are provided on the Evolve website to prepare you for licensure exams NEW Updated and expanded information on implicit bias is included in the opening chapters NEW Information on COVID 19 safety precautions is added to the Hygiene Sanitation and Safety chapter NEW Updated

information on trauma informed care is provided in the Adaptive Massage chapter     Silent Waves Lymph, Interstitial Fluid and Primo-Vascular System the Theory and Practice of Lymph Drainage Therapy 3rd Edition Bruno Chikly,2017-10 In Silent Waves Dr Bruno Chikly offers the first comprehensive examinations of lymphatic drainage and lymph pathologies including lymphedema in North America More than 462 pages 50 pages of scientific references more than 300 illustrations Reviews This is the first comprehensive book on the lymphatic system and lymphedema in North America With this book the lymphatic system has finally been accorded its deserved place of honor among the systems of the body Bruno Chikly s Lymph Drainage Therapy is a breakthrough in the field of manual therapies and this book is an important and long waited addition to medical osteopathic literature     **Swollen, Bloated and Puffy** Kathleen Lisson,2017-07-20 Are you frustrated with swelling or puffiness in your face or body Maybe you had surgery or an injury and want to reduce swelling or lived with lymphedema for years and are looking for some new tips on reducing edema In Swollen Bloated and Puffy Manual Lymphatic Drainage expert Kathleen Lisson explores tricks from proven to CRAZY to reduce swelling and boost the lymphatic system In this book you ll learn how to Reduce swelling in your body and face Balance your immune system and reduce stressImprove sleep Use meditation to calm your mindIf swelling and puffiness are getting in the way of spending time with family and you want to get back to your life and get a fresh start this book is for you     Textbook of Dr. Vodder's Manual Lymph Drainage Ingrid Kurz,1997-08-18 A special knowledge of lymphology and blood capillary physiology is necessary in order to explain the action of Manual Lymph Drainage While volume 1 deals primarily with the practice of MLD here we find the theoretical basis scientifically and thoroughly explained by a medical doctor and experienced practitioner of MLD Without such an explanation this new method cannot be accepted The translator Robert H Harris is the director of the Dr Vodder School North America in Victoria B C and specializes in MLD This is the textbook for the Therapy I courses of the Dr Vodder School

Outcome-Based Massage Carla-Krystin Andrade,2013-02-15 Outcome Based Massage™ Putting Evidence into Practice 3rd edition goes beyond an update of the content of the second edition In this book Dr Andrade and a team of contributors who represent the fields of massage therapy physical therapy athletic training education psychology medicine and physiology take the student or practicing clinician to the next level of using Outcome Based Massage™ in daily clinical practice This edition enhances and builds upon the strengths of the first two editions as follows Fully updated chapters provide a comprehensive approach to assessment treatment design and treatment delivery Streamlined presentation of theory and practice enhances the teaching and learning experience Quick Treatment Guides provide a colorful immediate reference for anatomy pathophysiology impairments and wellness goals for 16 musculoskeletal conditions New section on the scientific basis of soft tissue examination provides students and practitioners with the very latest understanding of the emerging body of knowledge in this field Review sections in each chapter provide Takeaways that summarize key concepts critical thinking questions and clinical cases that illustrate the practical application of the concepts discussed in the chapter Precise



instructive photographs and videos give students and practitioners clear direct guidance for using the techniques presented in this text

*The Book of Lymph* Lisa Levitt Gainsley, 2021-05-04 A first of its kind guide that outlines and explains the health promoting properties of lymphatic massage featuring beautifully illustrated five minute self massage sequences anyone can do at home Thanks to the astonishing results it provides glowing skin a flatter stomach enhanced immunity and full body detox the practice of manually stimulating the lymphatic system has become one of the most popular wellness practices today Lymphatic drainage works because the lymphatic system a complex geography of rivers that snake throughout the body just beneath the surface of the skin connects every other bodily system When lymph flows everything else flows too In this first of its kind guide veteran lymphatic drainage practitioner educator and advocate Lisa Levitt Gainsley explains how to maintain lymphatic health sharing the five minute self massage techniques she originally developed for her high powered Los Angeles clientele These simple sequences are tailored to address a number of specific and common issues bloating headaches digestive problems immune health anxiety weight loss acne inflammation and more Whether you just want to look and feel your best or are facing a more serious health issue such as cancer treatment or recovery The Book of Lymph offers educational and practical instruction to help you cultivate a body free of pain and lethargy activate a calmer state of being and boost overall glow in just five minutes a day

Dr. Vodder's Manual Lymph Drainage , The Healing Touch of Manual Lymphatic Drainage Massage Richard Thron, 2024-01-03 Lymphatic drainage massage a gentle form of body massage facilitates the elimination of excess fluid from the body and accelerates metabolic processes This therapeutic technique aims to alleviate edema reduce surplus weight and diminish the appearance of cellulite Beyond its cosmetic advantages lymphatic drainage massage also serves as a therapeutic intervention for specific medical conditions This comprehensive guide will outline the procedure identify suitable candidates highlight the anticipated benefits and provide essential information on everything you need to know about this specialized form of massage

**The Manual of Lymphatic Drainage** Nicole Luckey, 2023-11-04 Discover a science based comprehensive approach to manual lymphatic drainage techniques This book is intended to be used in conjunction with the course Advanced Manual Lymphatic Drainage instructed by Nicole Luckey CLT available at manual of lymphatic drainage org

**Lymphedema** Peter C. Neligan, Juame Masia, Neil B. Piller, 2015-08-07 Lymphedema Complete Surgical and Medical Management is one of the first books to cover the state of the field encompassing both surgical and nonsurgical treatments It is divided into several areas Anatomy Physiology and Lymphangiogenesis Pathophysiology and Clinical Presentation Diagnosis Treatment including surgical and pharmacologic therapy Research and Future Directions Building on this foundation the text discusses diagnostic modalities biomarkers and differential lymph node mapping and clinical staging It includes the history of lymphedema treatment and an overview of various past and present treatments in India and China then explores pharmacological options excisional approaches liposuction and venous implantation methods Detailed presentations of lymphatic grafts and surgical treatments round out

the coverage The book closes with a discussion on animal models improving patient outcomes and the potential use of stem cells in lymphedema management Using a consistent format throughout the book includes more than 500 illustrations many in color A DVD with practical surgical videos is included With US European and Asian Pacific contributing experts this book presents a truly global approach

## Reviewing **Manual Lymphatic Drainage**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Manual Lymphatic Drainage**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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