

# THERAPIST TRAINING INFORMATION PACKAGE

*The Quality is in our Hands  
~ Training Excellence*

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Professional Training in the Original Dr. Vodder Method of  
**MANUAL LYMPH DRAINAGE (MLD®)**



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



Hildegard Wittlinger, Director of the Dr Vodder School, Walschee, and Robert Harris, Director of the Dr Vodder School, North America

Dr Vodder School – North America

2-Apr-08

# 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 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.

**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 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.

**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 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.

**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 therapist training

## BASIC BODY COURSES

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

Medical Doctor  
Naturopath  
Occupational Therapist  
Physiotherapist  
Podiatrist  
Registered Nurse  
Remedial Massage Therapist

## THERAPY COURSES

For Therapy I, enrolment is open to persons who have satisfactorily completed the Dr. Vodder School Basic Course for Therapists.

For Therapy II & III, enrolment 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 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. 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.

Therapy I Students will be required to sign an agreement neither to teach MLD nor to use MLD to treat lymphoedema 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.

## 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 Dr Vodder School Certificate can be issued.

# course objectives – basic body

## DR. VODDER'S MANUAL LYMPH DRAINAGE

**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 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.

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

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.

# notice to students attending – basic body

## DR. VODDER'S MANUAL LYMPH DRAINAGE

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

1. **Textbook of Dr Vodder's Manual Lymph Drainage – Volume 1: Basic Course**, H and G Wittlinger. 7th Edition, 2004, Thieme Publishers. ISBN: 3-13-137377-6.  
Available from Dr. Vodder School - North America, [www.vodderschool.com](http://www.vodderschool.com) or email [info@vodderschool.com](mailto:info@vodderschool.com)
2. **Textbook of Medical Physiology**, A.C. Guyton M.D and J.E. Hall Ph.D. 10th Edition, 2000, Saunders Publishers. ISBN: 0-7216-8677-X
3. **Human Anatomy and Physiology**, Elaine N Marieb. 6th Edition, 2004, Pearson Benjamin Cummings Publishers. ISBN: 0-321-20413-1.
4. **Compendium of Dr Vodder's Manual Lymph Drainage**, Renato Kasseroller. 1998, Haug Publishers. ISBN: 3-8304-0667-3.  
Available from Dr. Vodder School - North America, [www.vodderschool.com](http://www.vodderschool.com) or email [info@vodderschool.com](mailto:info@vodderschool.com)  
Also available from Mostly Massage, [www.mostlymassage.com.au](http://www.mostlymassage.com.au) or email [info@mostlymassage.com.au](mailto:info@mostlymassage.com.au)

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 for individuals who are disease free and who have an intact lymph vessel system.

# study guide – basic body

## DR VODDER'S MANUAL LYMPH DRAINAGE

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 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 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 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 practice the techniques learned during the day. Please come prepared for this course to maximise your learning experience.

# course objectives – therapy 1

## DR. VODDER'S MANUAL LYMPH DRAINAGE

**This course is a continuation of the Basic Course in MLD and students will have successfully completed the Basic level before commencing 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 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** (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



# study guide – therapy 1

## DR. VODDER'S MANUAL LYMPH DRAINAGE

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 learned their Basic sequences and techniques for all body parts. Please review all your Basic theory notes as students will be asked to participate in various discussions on the theory.

### **Pathology:**

Students of this course must pass a theory exam in order to continue on to the Therapy II & III levels. This exam tests the student on knowledge of Basic level theory only. However the Therapy II theory exam includes knowledge of pathologies relevant to the full MLD therapy taught in the Therapy I and II levels. Students who did not study pathology in their undergraduate program are advised to undertake additional study in pathophysiology before continuing to the Therapy II and III levels.

# notice to students attending – therapy 1

## 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. Suggested reading for this course is:

**Textbook of Dr. Vodder's Manual Lymph Drainage**, Volume 2: Therapy, by I. Kurz M.D. Volume 2, 4th Edition, 1997 Haug Publishers.  
Available from Dr. Vodder School - North America, [www.vodderschool.com](http://www.vodderschool.com) or email [info@vodderschool.com](mailto:info@vodderschool.com) .

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

The Therapy techniques taught in this class are used in treatment of a wide range of orthopaedic and skeletal muscular conditions among others. Therapists familiar with treatment of the indicated pathologies may find application of these techniques within their current scope of practice. Please note this course focuses on developing the subtleties of the technique and its application in order to increase technical skill rather than specific treatment of pathologies. Application of MLD to various pathologies is taught in Therapy II and III classes.

# indications for mld

## 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 indication 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

# about jan douglass



Jan Douglass is a Remedial Massage Therapist with more than 20 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 continuing student at Adelaide University School of Health Sciences.

In recent years Jan has been involved in Lymphoedema research with Professor Neil Piller through Flinders University and is the senior therapist in the Lymphoedema Assessment Clinic at Flinders Medical Centre in South Australia.

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 especially 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.

