

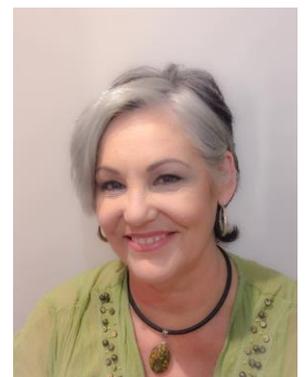


Dr. Vodder School™
INTERNATIONAL
Member of Dr. Vodder Academy International

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

Post Graduate Certificate in MLD & CDT

COURSE INFORMATION



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COURSE OUTLINE – POST GRADUATE CERTIFICATE IN MLD & CDT

The Certificate Course in Manual Lymph Drainage and Combined Decongestive Therapy (MLD& CDT) is offered by the Dr Vodder Akademie in Austria, the original and leading school for this technique. The full qualification is a 4 week program and the certificate is recognised internationally as the gold standard in lymphoedema training.

The Basic Course introduces the student to the very precise movements of the skin that make this technique so effective. The Therapy classes then develop and adapt these techniques for the myriad of applications. Therapy 1 focuses on treatment of deep skeletal muscular structures and at this level MLD can be used to replace most deep remedial techniques, delivering better results without pain for the client or stress on the body of the therapist. The second two weeks then move into all the more medical applications such as venous ulcers, CRPS and lymphoedema management.

Most student will take the training in two, two week blocks. The first two weeks provides many techniques that can be used with their existing client base and there are multiple opportunities to develop their hand skills before returning for the advanced courses. Graduates of the four week program may be eligible for listing on the National Lymphoedema Practitioner Register (depending on their undergraduate qualification).

BASIC COURSE

40 hrs (Practical 32 hrs, Theory 8 hrs)

COURSE OUTLINE

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.

PREREQUISITES FOR THERAPIST TRAINING

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.

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

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.

THERAPY I

40 hrs (Practical 32 hrs, Theory 8 hrs)

COURSE OUTLINE

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.

PREREQUISITES

Enrolment is open to persons who have satisfactorily completed the Dr. Vodder School Basic Course for Therapists with an accredited Dr Vodder Practical Instructor.

COURSE OBJECTIVES

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.

THERAPY II AND III

80 hrs (Practical 65 hrs, Theory 15 hrs)

COURSE OUTLINE

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.

PREREQUISITES

The Therapy II & III courses are available to persons who have successfully completed Therapy I with an accredited Dr Vodder Practical Instructor.

COURSE OBJECTIVES

Theory Component (15 hours)

1. To expand on the topics covered in the Basic course with a more detailed pathophysiology of lymphatic diseases.
2. To give the student a thorough understanding of alternative pathways within the lymphatic system and an appreciation of how MLD might affect them.
3. Review and elaboration of oedema formation including all forms of acute and chronic oedema.
4. Current research into the lymph vessel system including latest developments in lymphology and MLD research.
5. To prepare the student for the Therapy 2 theory exam.

Practical Component (32 hours)

1. To refine and improve the techniques learned in the Basic and Therapy 1 course.
2. To insure competence in MLD techniques for all body parts.
3. To teach the student specialised oedema techniques.
4. To teach the student techniques for scar management and fibrosis reduction.
5. To teach the student multilayer lymphoedema bandaging.
6. To teach the student venous ulcer treatment and compression techniques.
7. To prepare the student for the Therapy 3 practical exam

Students must have a Therapy 1 certificate in Dr. Vodder's Manual Lymph Drainage from an accredited Vodder Instructor. Pre-reading material is sent in advance of the course to allow the student to fully prepare for the advanced courses. To facilitate the learning experience of the student and the momentum of the class, students are expected to know without fault the Basic and Therapy 1 sequences and techniques.

THERAPIST REVIEW

20 hrs (Practical 16 hrs, Theory 4 hrs).

COURSE OUTLINE

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

PREREQUISITES

Therapist Review courses are available to persons who have successfully completed the full Therapist Training with an accredited Dr Vodder Practical Instructor.

COURSE OBJECTIVES

1. Review all MLD & CDT techniques and provide the Therapist with feedback to improve their hand skills.
2. Introduce any new techniques or therapies that may have been developed subsequent to completion of the original training.
3. Provide an update on latest research in lymphology and lymphoedema management.
4. Provide an opportunity for Therapists to present case studies for group discussion.
5. Provide guest speakers with expertise in lymphology related topics.
6. Provide an opportunity for networking and development of the lymphoedema practitioner community.

There are no examinations, however Therapists must attend 100% of the class time to receive the Review Certificate.

REVIEW OF THE BASIC CLASS

8 hrs

COURSE OUTLINE

Designed to prepare students for the Therapy courses. This class reviews the Basic techniques and sequences for all body regions. Short theory review guided by therapist questions.

Participants receive a certificate from Vodder Schools International.

PREREQUISITES

Successful completion of the Basic course with an accredited Dr Vodder Practical Instructor.

COURSE OBJECTIVES

1. Review all MLD techniques and provide the student with individual feedback to help improve their hand skills.
2. Provide an opportunity for clarification of theoretical components presented in the Basic Course.

REVIEW OF THE THERAPY I CLASS

12 hours

COURSE OUTLINE

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

Successful completion of the Therapy 1 course with an accredited Dr Vodder Practical Instructor.

COURSE OBJECTIVES

1. Review all Special techniques and provide the student with individual feedback to help improve their techniques.
2. Review theoretical material presented in Therapy 1 to ensure the student has the knowledge of lymphatic anatomy and physiology and patho-physiology required to undertake the Advanced Therapy 2&3 Course.

ASSUMED KNOWLEDGE

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.

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 to you find additional learning resources.

REQUIRED TEXTS

The published textbooks are not included in the course fee as many students have already purchased these in advance of enrolling in the courses and others are able to borrow them from past therapists or colleagues.

You can add them to your course registration and they will be delivered to you in advance for the course. You may prefer to purchase them yourself prior to commencing the courses.

Basic & Therapy 1

- *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 books can be ordered with your course registration or through:

www.vodderschool.com

www.bookdepository.com

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