

# Manual Lymph Drainage

is a gentle, painless and effective technique on skin to move fluid leaked from the vascular system into the tissues, back into the lymphatic system.

Fluid congestion occurs

- under the skin
- around the joints
- in the tendons and muscles

Water, proteins, toxins and dead cell debris accumulate causing swelling, pain, and restricting proper blood supply.

The areas treated are: head, neck, chest, arms, back, lower back, abdomen, buttocks, legs.

Working with the lymphatic system to stimulate fluid movement produces rapid results in a wide range of applications including:

- Pre-surgery preparation: cosmetic, E.N.T., orthopaedic or podiatric surgeries
- Post-surgery recovery: reduces swelling, aids pain management, improves tissue healing and minimises scar formation, and aids detoxification
- Relieves chronic inflammation, including sinusitis, arthritis, acne, RSI
- Enhances natural immunity
- Helps circulatory problems: venous ulcers, swollen limbs
- Stress – the treatment produces deep relaxation, helpful in
  - anxiety
  - fatigue
  - listlessness
  - muscle cramps
  - sleeplessness
- Headaches
- Sports and other traumatic injuries
- Orthopaedic, podiatric and musculoskeletal problems
- Lipoedema - abnormal fat depositions on legs (and less often arms) in women

Dr Vodder method of Manual Lymphatic Drainage is regarded as the best lymphatic technique around the world by leading world researchers in lymph congestion management.

It is well researched in Europe, the USA, Canada and Australia, and in many countries it is used as a routine medical treatment modality.

## Professional Postgraduate Training in

## Dr Vodder's Manual Lymph Drainage Auckland 2010

Basic Body April 12—16      Therapy 1 April 19—23

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