



Gay Lee Gulbrandson
NCTMB, CLT-LANA, Certified Dr Vodder Instructor

Lymphedema Clinic Update CE Course Preview Details

Details for potential class sponsors.
(Actual class is tailored to the target group)

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Gay Lee Gulbrandson is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.
Approved Provider # 451083-09.
Florida Board of Massage Therapy Approved CE Provider # 50-11392

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Clinic Update Course

INFORMATION & FULL DISCLOSURE:

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Florida Board of Massage Therapy CE Provider # 50-11392*

Course Title:

Lymphedema Clinic Update Course

- Class Type:** Clinic Update mixed instructor-led presentation / participation class.
- Provider:** Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT, NAVALT, Vodder Instructor
www.VodderMLD.com/b
- Contact:** Email: GayLee@VodderMLD.com
OFC: 510-849-1388 FAX: 510.558=8363
1791 Solano Ave #A8, Berkeley, CA 94707 USA
- Duration length:** **12/8/4 CE units** Sponsoring agency, clinic, conference organizer may select any length from a 4 hours to 12 hours or any # in-between.
Please see *Terms & Conditions* attached.
- Prerequisites:** Anyone may take the course. There are no prerequisites.
Massage school grads or equivalent, MD, RN, PT, OT, DC, DDS, CMT, LMT, RMT, Esthetician, LE patients & relatives, etc. obtain great benefit.
- Course Material:** Selected Condensed Illustrated Color Reference "Topic Cards" are handouts; slide presentation; hands-on demonstrations; theory lecture; Q & A, emailed Certificate of Accomplishment, online follow-up.
- Interface With:** Preparation for a advanced MLD training; Familiarization with treatment concepts of lymphedema and related conditions; new Best Practices; Refresher; clinic staff.
- Fee:** Group inquiries welcome. Student cost set by host agency. Instructor flat fee.
- Source Data:** Bibliography & References list available online under **RESOURCES**.
- Cancellation/Refund:** (Terms set by sponsor) Please see *Terms & Conditions* for more details.

Clinic Update CE Short Course

COURSE OUTLINE / SCHEDULE

Instructor: **Gay Lee Gulbrandson CLT-LANA NCTMB** www.VodderMLD.com

SAMPLE

Block 1 (4 Hr):

Introduction:..... **0.25 Hour**

1. Introduction 2. Schedule 3. Orientation 4. Science

Topic Card XI Best Practices Update

1. To be determined by needs survey
2. Additional details on Best Practices

Practical: TREATMENT OF Neck and Face:..... **1.25 Hours**

1. Introduction to the practice of MLD 2. Sequence / hands on instruction & practice

Block 2 (4 Hr):

Topic Card IX Principles of MLD

3. To be determined by needs survey
4. Additional details on Best Practices

Topic Card XII Strokes

1. To be determined by needs survey
2. Additional details on Best Practices

Practical: TREATMENT OF Arms and Legs:..... **1.5 Hours**

1. Sequence and hands on instruction and practice

Block 3 (4 Hr):

Topic Card VII/VIII Indications & Contraindications

1. To be determined by needs survey
2. Additional details on Best Practices
- 3.

Topic Card V/VI Effects and Applications of MLD

1. To be determined by needs survey
2. Additional details on Best Practices

Practical: TREATMENT OF Trunk and Back:..... **1.5 Hours**

1. Sequence and hands on instruction and practice

CLOSURE OF CLASS:..... **+ 0.1 Hours**

1. Course evaluation 2. Certificate of Accomplishment (CE Hours)

NOTE: There is a 15 minute break every 2 hours, and a one-half hour lunch break.

Choice: 12, 8, 4 hr class lengths.

TOTAL COURSE HOURS: 4 - 12

Actual course content will be responsive to the needs of the group.



Gay Lee Gulbrandson
NCTMB, CLT-LANA, Certified Dr Vodder Instructor

Clinic Update CE Course Objectives

GAY LEE GULBRANDSON PROVIDER www.VodderMLD.com

Objectives for 12, 8, 4 Hour Clinic Update Course

(NCBTMB Approved Provider)

(Class content is tailored to the target group, so the objectives below are only examples)

12 Hour Course Described (The 8 or 4 Hr course is condensed, covers topics more lightly):

This course introduce/reviews some terminology, concepts, and basic physiology of Manual Lymph Drainage (MLD) techniques. Demonstrations of a basic foundation stroke are included.

The objectives of the theory / lecture component (8.75 or 5 or 2.5 hours, etc.) are:

- 1. To review concepts of anatomy of the lymph system in the connective tissue.
- 2. To review concepts of the fluid exchange between blood, connective tissue and lymph, and some forces affecting fluid movement.
- 3. To review how MLD affects the body, specifically nervous and drainage systems.
- 4. To make the student aware of some contraindications for MLD.
- 5. To review MLD as a treatment and some conditions that can be treated with it.
- 6. To point out sources of research and information into MLD therapy and training.

The objectives of the practical participation component (8.75 or 5.75 or 2.75 hrs, etc.) are:

- 1. To review the effective, light, subtle technique of MLD
- 2. To review a Basic stroke for MLD and its application to the face and neck.
- 3. To integrate the theory into practical experience.
- 4. To prepare the student for advanced courses in Manual Lymph Drainage available through the Dr Vodder School International.

Note: This course is **not** affiliated with the Dr Vodder School International.

Actual course content will be responsive to the needs of your group.

Live & Learn MLD

Each class participant is asked to study selected **“Topic Cards”** as preparation for the Clinic Update CE Course. The course coordinator either provides instructions to participants how to download the preparation info, or may print and hand out the materials.

Dr. Vodder's Manual Lymph Drainage

22 Topic Cards

The collage displays 22 topic cards, each with a title and a page count:

- I. Pathways of the Lymph System (2 Pages)
- II. Fluid Movement in the Loose Connective Tissue (1 of 2)
- III. Structure & Function of the Lymph System (2 Pages)
- IV. Loose Connective Tissue (2 Pages)
- V. Effects of MLD (2 Pages)
- VI. Applications of MLD (2 Pages)
- VII. Contraindications (1 Page)
- VIII. Indications (1 Page)
- IX. Basic Principles of MLD (2 Pages)
- X. Glossary, Reference (2 Pages)
- XI. Evidence Based Practice for Lymph (2 Pages)
- XII. Dr. Vodder Strokes (1 of 2)
- III. Structure and Function of Lymph System (1 of 2)
- IV. Loose Connective Tissue (1 of 2)
- V. Effects of Manual Lymphatic Drainage (1 of 2)
- VI. Edemas: Applications of MLD (1 of 2)
- VII. Indications (1 of 1)
- VIII. Contraindications (1 of 1)
- IX. Basic Principles of MLD (1 of 2)
- XI. Evidence Based Practice for Lymph (1 of 2)
- XII. Dr. Vodder Strokes (1 of 2)

Topic Cards
 12 subjects, 22 pages
 A concise illustrated knowledge base and reference guide to MLD theory.
 © 2010 Gay Lee Gulbrandson, Berkeley, CA

The instructions **to participants** are in a zip folder accessible to sponsors and participants.

Educational - Reference - Illustrated

MLD Topic Cards - Detailed Contents Guide

Gay Lee Gulbrandson, MLD Learning System

- **22 illustrated quick reference data sheets. *Download, or print and mail.***
 - **Prepare for any basic or advanced MLD training by reading the Topic Cards.**
 - **Review MLD and lymph system terms, concepts, physiology, and science.**
 - **Topic Cards** are an attractive **enduring reference** resource, with **superior economic value.**
- Login and order today at www.VodderMLD.com**

I. Pathways of the Lymph System

Organization of the lymph system, nomenclature, direction of flows, terminus, drainage paths, location of nodes and clusters, ducts, organ drainage, limbs, trunk, legs, head and neck, more

II. Fluid Movement of the Loose Connective Tissue

Filtration and absorption of proteins, fats, wastes, fluids, through circulatory system, tissues, and lymph vessels; role of blood pressure, tissue pressure, osmotic & oncotic pressures, more.

III. Structure & Function of the Lymph System

Details hierarchy of lymph system elements from smallest vessels to largest vessels, angions, nodes, ducts; functions of lymph nodes, fluid volumes and blood to tissue to lymph cycle, more.

IV. Loose Connective Tissue

Behavior of tissues, component cells, transit stretch and ground substance, inertia, congestion effects, Starling's research, function and role of LCT, solution and gel states of interstitial mass.

V. Effects of MLD

Fluid transport role of MLD on lymph, analgesic effect, smooth muscle, capillary response, nervous system effects, skin galvanic changes, humoral and cellular immune response, more.

VI. Applications of MLD

Types and causes of primary and secondary edemas, development of and stages of lymph-edema, venous insufficiency, low and high protein edemas, blood pressure, thrombosis, more.

VII. Indications

Extensive list of conditions and situations that are known to benefit from use of MLD for typical clients with healthy lymph system, scars, sprain, surgery, migrane; edema, lymphedema, more.

VIII. Contraindications

Conditions that pose potential risk of harm to clients with compromised lymph system, circulation, malignancies that limit MLD; modifications of MLD to accommodate relative contraindications.

IX. Basic Principles of MLD

The guidelines for effective MLD technique, what to do and what not to do, amount of pressure, direction, repetition, basic strokes types, where they are used, special strokes, anatomy, more.

X. Glossary, Reference

List of key terms and definitions; Combined Decongestive Therapy (CDT/MLD) explained, survey of knowledge for CLT-LANA professional independent certification exam, much more.

XI. Evidence Based Practice for Lymphedema (LE)

Evidence based best practices in LE treatment, LE statistics, applications list, Dr Vodder School Int'l programs & training, MLD applications list, survey of organizations in LE research,

XII. Dr. Vodder MLD Strokes

The basic strokes illustrated and explained in plain language; correct locations for use of the strokes, condensed basic principles, explanation of skin motion, direction of strokes, more.

The Dr. Vodder Technique: A Brief History of MLD

The Dr. Vodder Technique With Some History

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 the second World War, 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 (MLD) 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, damaged 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. There has been extensive scientific research in Europe (Hutzschenreuter, Mislin, Foldi, Collard et al), Australia (Piller) and USA (Cassels).

Dermatological indications are numerous and in the esthetic setting, MLD is used to restore skin to normal health. Some indications for the Dr. Vodder method of MLD include pre- and post- plastic surgery, blepharoplasty, scar tissue, skin congestion, spider veins, teleangiectasia and rosacea.

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 International maintains a referral list of all currently certified therapists and this is posted on its website at vodderschool.com.



Clinic Update CE Course Privacy Policy

Instructor/Provider: **Gay Lee Gulbrandson** CLT-LANA, NCTMB, CMT,

www.VodderMLD.com

OFC 510.849.1388

GayLee@VodderMLD.com

FAX 510.558.8363

Privacy Policy for CE Students

(This class is **NOT** presented by or endorsed by the Dr Vodder School International)

For further information please contact me using GayLee@VodderMLD.com.

GENERAL PRIVACY POLICY

Your privacy is important to me. I collect no personal information about you when you visit my Web site or attend a course unless you choose to make such information available to me.

When you visit my Web site, my server automatically recognizes the Internet domain and IP address from which you accessed my site. In addition, I monitor the volume of access to my site by collecting information on the date, time and pages accessed by visitors. I do this so that I can improve the content of the Web site, and this information is not shared with other organizations. Only aggregate information is collected, and individual visitors' personal information is not identified.

If you choose to share personal information with me - by sending a message or filling out an electronic form with personal information – or enrolling in a class - I will use the information only for the purposes you authorized. I will not disclose the information to third parties or government agencies, unless required to do so by law.

My server maintains a record of all registrations logged into my available download requests or courses. This monitoring is designed to assist in improving my service. I use these records to determine who has downloaded the information, and to send announcements of new classes or services. I will electronically report your course completions to an individual or school for their records, solely upon your written request, for which there may be a fee. I will not in any way release your personal information to third parties or government agencies unless required to do so by law.

If you have any other questions about my privacy procedures, or have ideas about improvements, or course content please feel free to email me at GayLee@VodderMLD.com.

Site Owner: **Gay Lee Gulbrandson** 1791 Solano Ave #A8 Berkeley, CA 94707 USA

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For further information please contact me, Gay Lee Gulbrandson at

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[Live and Learn MLD](http://www.VodderMLD.com)

www.VodderMLD.com

Manual Lymph Drainage Lymphedema Clinic Update CE Course

12/8/4 CE Hours
Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT

Dr. Vodder School International Instructor and MLD Practitioner

 1791 Solano Ave #A8 Berkeley, CA 94707 **OFC 510. 849-1388 FAX 510. 558-8363**
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 Gay Lee Gulbrandson
 NCTMB, CLT-LANA, Certified Dr Vodder Instructor

Dear Clinic Director or Administrator,

Thank you for considering the **Lymphedema Clinic Update CE Course**. The class is available as a **12 Hour, 8 Hour, or 4 Hour** course, as appropriate to your requirements.

You probably have staff trained in Vodder method of MLD and related lymphedema treatment techniques. Even the best trained therapist needs refreshing from time to time. This class is an invigorating refresher and update of current MLD training standards, research, and understandings, with terrific motivational value, fresh insights, new resources, and refreshing to the therapists' MLD technique. Your support staff will also learn info they otherwise would not know about the considerations and applications of MLD.

A series of reference sheets ("**Topic Cards**") are available on my website for download, or viewable and printable from the complimentary **info** that accompanies a signed class contract. Participants will feel exceptionally well-prepared for the **Clinic Update** if they access these **Topic Cards** and review the contents (or take the 8 CE exam) before the class.

I have been teaching/practicing MLD since 1996. My multimedia curriculum is attractive, engaging, and has great value. Further information is found at www.VodderMLD.com.

Please call if you have any questions. I look forward to providing your staff with training and updates as soon as possible.

Sincerely,

Gay Lee Gulbrandson

CLT-LANA, NCTMB, NAVALT, CMT, AMTA

Dr. Vodder Basic Course Instructor

"Live and Learn"


Consider these reasons for scheduling an MLD CE Clinic Update:

- **Update staff with current information on MLD research, technique, and specials**
- **Reviews MLD indications, contraindications, and relative contraindications for LE patients**
- **Reviews applications of MLD to non-lymphedema patients**
- **Fulfills required Continuing Education CE Hours for registered/licensed/certified staff**
- **Boosts staff cohesiveness and morale by gathering and learning together and romotes openness and spirit of inquiry among staff, generates fresh ideas**
- **Staff sense that management supports and recognizes value of promoting staff expertise**
- **Exposes support staff to subtlety and complexity of MLD/CDT, and inspires staff to renew commitment to quality**
- **Studies show 75% of CDT treatment failures are due to improper technique**
- **Update MLD strokes and sequence skills (which tend to degrade over time)**
- **Update resources and methods for staff to motivate discouraged patients**

Manual Lymph Drainage Lymphedema Clinic Update CE Course

12/8/4 CE Hours
Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT

Dr. Vodder School International Instructor and MLD Practitioner

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Dr. Vodder Basic Course Instructor

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- *Staff sense that management supports and recognizes value of promoting staff expertise*
- *Exposes support staff to subtlety and complexity of MLD/CDT, and inspires staff to renew commitment to quality*
- *Studies show 75% of CDT treatment failures are due to improper technique*
- *Update MLD strokes and sequence skills (which tend to degrade over time)*
- *Update resources and methods for staff to motivate discouraged patients*

Do you need more CEs? Here is a great way to earn 8 CEs at home and have a good time too!



Dr Vodder's MLD® Home Study CE Course

8.0 CE Hours
Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT

Dr. Vodder School International Instructor and MLD Practitioner

1791 Solano Ave #A8, Berkeley, CA 94707-0337 OFC 510.849-1388 FAX 510.558-8363

For MLD *students or graduates*, in-service clients and patients: **\$69.99** (incl. 10% off for online order); or **\$84.99 printed** (+ S&H & tax if CA). If Topic Cards were previously purchased, a course "Add-On" is **\$53.99** online. Retail price is \$112.00. Group inquiries welcome.


 Gay Lee Gulbrandson
NCTMB, CLT-LANA, Certified Dr Vodder Instructor

Take the MLD® Home Study Course:

- Reviews applications of MLD to non-lymphedema patients
- Meets required Continuing Education CE Hours for registered/licensed/certified staff (8 CE Credits)
- Reviews MLD indications, contraindications, and relative contraindications, etc.
- Exposes support staff to issues and complexity of MLD/CDT
- Updates staff about resources, research, and support organizations
- Promotes inquiry among staff, generates fresh ideas and creativity
- **TOPIC CARD STUDY SUBJECTS:** (In-depth bullet points in condensed format for professional review, beautifully illustrated.)
 - I. Pathways of the Lymph System
 - II. Fluid Movement & LCT
 - III. Structure & Function-Lymph Sys.
 - IV. Loose Connective Tissue
 - V. Effects of MLD
 - VI. Applications of MLD
 - VII. Indications for MLD
 - VIII. Contraindications for MLD
 - IX. Principles of MLD
 - X. Glossary & References
 - XI. Evidence Based Practice for LE
 - XII. Dr. Vodder MLD Strokes

Dear MLD/CDT professional or student;

Presenting the **Dr Vodder's MLD® Topic Card Home Study 8 CE Course.**

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A series of illustrated quick reference sheets (**Topic Cards**) are downloaded from my website, or *printed & sent by mail for add'l fee*. Participants feel exceptionally well-prepared for basic or advanced MLD training after they read these **Topic Cards** and become familiar with MLD and lymph system terms, concepts, and MLD methods.

Anyone may take the **Dr Vodder MLD® Home Study Course** and **Exam for 8 CE Credit Hours**. The download, exam and CE certificate retail price is **\$112.00**. For MLD *students or graduates*, or my in-service clients and patients the online price is **\$69.99** (incl. 10% off for online order) or **\$84.99 printed** (+ S&H & tax if CA). If Topic Cards were previously purchased, the course "Add-On" is **\$53.99** online. Group inquiries welcome.

Certified MLD Therapists who take the course say that this course was a powerful resource and refresher, with great technical value, fresh knowledge and material, and attractive learning package. Administrative and support staff also find much they would not otherwise learn about the physiology, applications, contraindications, and treatments for MLD.

I have been practicing and teaching Dr Vodder's MLD since 1996. My MLD Home Study Course is attractive, is an enduring reference resource, and has superior economic value. Login to order today at

www.VodderMLD.com

I look forward to providing you with high quality Continuing Education very soon.

Gay Lee Gulbrandson
CLT-LANA, NCTMB, CMT, AMTA, NAVALT®
"Live and Learn MLD"

