

Dr Vodder School International

Therapy I Course in MLD®



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Dr. Vodder School™
INTERNATIONAL

Authorized by the original Dr. Vodder Schule - Austria

Please contact Gay Lee or the Host School or for more information and class details. *Thank you*

Typical daily schedule:

8:30 AM – 5:30 PM

1 Hour lunch

To Enroll: Contact SPONSOR or visit www.VodderMLD.com for full schedule and information on MLD training.

• Enrolled students may download these beautiful pre-course study sheets (Topic Cards) **free**, prior to class, as preparation.

• **TOPIC CARD SUBJECTS:** (Condensed format, professional quality, beautifully illustrated, a permanent reference source.)

- I. Pathways of the Lymph System
- II. Fluid Movement & LCT
- III. Structure & Function-Lymph Sys.
- IV. Loose Connective Tissue
- V. Effects of MLD
- VI. Edemas: 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

Go to: www.VodderMLD.com - Student Downloads

Manual Lymph Drainage (MLD®) is a gentle rhythmic technique developed in the 1930s by Drs. Emil and Estrid Vodder, Danish physical therapists. Scientific research has proven the effectiveness of Manual Lymph Drainage. In Europe, Manual Lymph Drainage is recognized by national health insurance plans. In Germany, it is now the 3rd most prescribed physical therapy technique.

MLD® is a systematic series of precise movements that stimulates an increase in the normal functioning of the Lymphatic System. This promotes healthy connective tissue, enhances the body's immune response, relieves pain, and sedates the sympathetic nervous system. Thus it promotes the body's healing ability in many diverse applications, for example: sports injuries, scar tissue, pre and post operative care, as well as chronic inflammatory conditions, such as acne and rosacea, and many more.

This five day Therapy I Course prepares the student to treat many pathologies, including lymphedema, by the Dr. Vodder School International. You will learn the advanced special movements of **MLD®**. You will use these movements in routines effective in treating all parts of the body. A thorough review and enrichment of **MLD®** theory will be presented. Be prepared to practice and study. The Therapy I course is the second of the four courses for full certification as a Dr. Vodder Manual Lymph Drainage Therapist. 40 CE credits. (40 hr class; incl. 32 hrs practical)

Prerequisite: Completion of **Basic** 5-Day course. Bring a set of sheets and wear comfortable clothing.

Continuing Education: The Dr. Vodder School International is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. Approved Provider #33225-00. The Therapy I MLD® Course credits 40 CEs.

Cost: \$875 - 950. Includes Student Handbook, DVD, Lecture Notes, etc. Terms: \$350. deposit due 30 days before class. The balance is due prior to beginning of class. The deposit becomes non-refundable within 30 days of class start date. **Class is limited to 12 students.**

Contact: GayLee@VodderMLD.com or 510.849-1388 for enrollment. Online support and forms/calendars at www.VodderMLD.com.

Instructor: To be announced, depending upon the location and date.

