Manual Lymphatic Drainage (MLD) is a specialized massage technique utilized to offer gentle, noninvasive symptom relief for lymphedema. For a massage therapist, navigating a patient's medical history can be crucial.

**Manual Lymphatic Drainage**

This 6-day, 45-hour certification course is based on the techniques developed by Dr. Emil Vodder, Ph.D. The techniques, created by A.T. Still, provide a multidimensional approach to manual treatment in which, for the first time, the lymphatic system held a specific place.

Health & Hygiene | Skin Structure and Function | Skin Disease | Business | Salon Procedures | Nutrition | History of Manual Lymphatic Drainage
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**History of Manual Lymphatic Drainage**

Manual Lymphatic Drainage was developed by Dr. Emil Vodder, Ph.D., M.T. of Copenhagen, Denmark in 1935. This technique is a slow, gentle, rhythmic, deeply relaxing method that helps to improve lymph flow.

**Manual Lymphatic Drainage** is the mainstay of treatment for those who have lymphedema. It is particularly important for individuals with a history of cancer, as it can help prevent and manage swelling in the affected areas.

**Keywords:** breast cancer, lymphedema, manual lymphatic drainage or ≥27 kg/m², history of smoking (no or yes), history of alcohol consumption (no or yes).

Manual Lymphatic Drainage (MLD) is a massage therapy prescribed by surgeons for both preventative and therapeutic purposes. The history of Manual Lymphatic Drainage is as follows:

1. **1930s:** Development of the technique by Danish doctors
2. **1940s:** Increasing recognition and adoption in Europe
3. **1950s-1960s:** Further research and clinical trials in Europe and North America
4. **1970s:** Worldwide dissemination and standardized training programs
5. **1980s-present:** Ongoing research and development, with advancements in techniques and applications

Manual Lymphatic Drainage Therapy

**Read/Download**
Manual Lymphatic Drainage (MLD) is a method of massage that is used to improve the function of the lymphatic system. It is particularly useful for treating lymphedema, which is swelling due to a blockage of the lymphatic system. MLD is a very light modality that addresses the superficial lymphatic system. It is known for its ability to reduce swelling and improve circulation.

There are different types of MLD including Vodder, Leduc, Földi and Casley-Smith. At the No.1 Pain Relief Clinic, we use the Vodder method of manual lymph drainage with its light circling movements. When a client comes to The Health Network for manual lymph drainage, they will fill out a health history to determine if they qualify for having MLD treatment.

Manual lymphatic drainage (MLD) is a type of gentle massage which is particularly effective in reducing swelling. It is a form of very light massage that encourages lymph flow in the body to reduce swelling from Lymphoedema. It is particularly effective in reducing swelling in the arms and legs.

Manual Lymphatic Drainage is an advanced therapy that encourages the natural process of the lymphatic vessels to transport lymph fluid back to the bloodstream. It is a form of therapy that can help to reduce swelling and improve circulation.

The History of Lymphatic Drainage Therapy

Andrew Taylor Still (1828 - 1917) was the founder of Osteopathy. Still was the first person to specify manual techniques for the treatment of disease. The courses in Manual Lymph Drainage (MLD) are based on those of the Vodder method. They familiarise the student with the history and context of the Dr. Vodder method.

I love doing research about the history of Lymphatic Drainage Massage, and I have studied the Vodder method of manual lymph drainage with its light circling movements. When a client comes to The Health Network for manual lymph drainage, they will fill out a health history to determine if they qualify for having MLD treatment.

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