

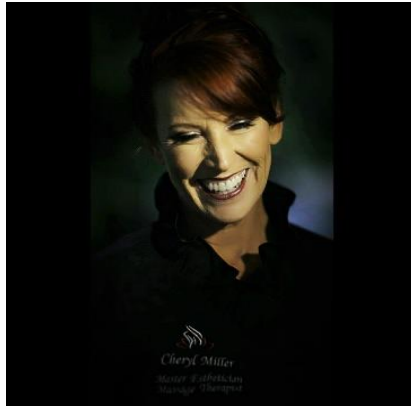
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# INTRODUCTION TO MANUAL LYMPHATIC DRAINAGE

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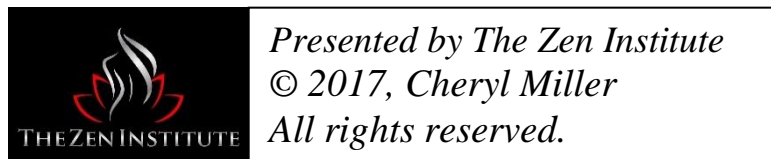
Holistic Skincare





**Instructor:** Cheryl Miller, Massage Therapist, Master Esthetician, Oncology Esthetician, Continuing Education Provider, Cardio/Respiratory Therapist, Yoga Instructor.

*Creator of the Zen Facelift Facial, 7 Easy Steps to Developing Your Own Private Label, Innovate! Generate! Accelerate! Advanced Massage Techniques for Estheticians, YoMa™ Massage, and Seated Yoga for Bodyworkers*



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# Introduction to Manual Lymphatic Drainage

## Online Career Development Course (4 CE's)

Welcome to the wonderful world of Manual Lymphatic Drainage (MLD). You are about to embark on a holistic journey that will stimulate the most powerful system of detoxification for the human body. This home study course is an introduction to the unique and effective art of Manual Lymphatic Drainage and will introduce you to the principles and practice of lymphatic drainage for the face, neck and décolleté.

### **This course will present:**

- Course handouts
- Introduction, history and theory of Lymphatic Drainage
- The Lymphatic System and essential constituents
- Benefits
- Indications and Contraindications
- Q & A
- Node locations Map
- Technique
- Post treatment concerns
- High definition instructional video

### **Certificate of Completion will be awarded after:**

1. Completing the online course
2. Taking an online summative test
3. Submitting a 2-minute video to the instructor demonstrating course comprehension and technique

# Manual Lymphatic Drainage

**Manual lymphatic drainage** (MLD) is a superficial technique to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels and the movement of to propel lymph through the vessels to lymph nodes and then to the lymph ducts which return lymph to the cardiovascular system. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow. Lymph vessels are as thin as a strand of silk so the pressure we use is feather light, barely moving the skin. This technique is easy on your body and incredible effective for your clients body.

MLD dates back as far as 1622 with Gaspard Asselli (1581 – 1626) who is credited with the first historical discovery of the lymphatic system which refers to the findings of `milky veins` in a dog after digestion. The Dr. Vodder method of Manual Lymph Drainage has become the most well-known and extensively used lymphatic technique around the world.

In 1929 Dr. Vodder and his wife Estrid, a naturopath, moved to the French Riviera and established a clinic where they started treating patients. Vodder palpated swollen lymph nodes in the cervical region in patients suffering from acne, migraines or sinus problems. He had the vision that the real cause of these pathologies was congestion in the swollen “lymph glands”, or lymph nodes as we call them today. The careful, circling, pumping movements of the skin that he developed helped to resolve the problems presented by these patients even though it was considered a taboo to work on swollen lymph nodes at that time.

# MLD Benefits

## Healing After Surgery

Manual lymph drainage can help with healing after surgery. This technique assists in regeneration of cellular tissues to reduce scarring, reduction of swelling and detoxification the body.

\*Make sure client is medically cleared before giving a treatment

## Improved Immune System

The immune system is tied to the lymphatic system. In fact, if flow of lymphatic materials slows, the immune system weakens. Lymph drainage can improve the function and increase the production of antibodies that fight off infections as well as reduce systemic inflammation.

## Relaxation

Lymph drainage is especially relaxing because the slow, methodical rhythm and pressure and repetitive motion allows for the brain to relax and elicit the parasympathetic nervous system to slow heart rate, increase glandular activity, reduce pain and promote general vitality and well-being.

## Decongestive Effect

Any swelling of the body, except for cardiac or renal edema, can be treated with MLD. The lymphatic system is a “one-way street” to transport cellular waste from tissue and dispose back into the circulatory system. We will be focusing on the face, neck and décolleté that drain into the axillary nodes

## Other benefits:

- Softens and mobilizes congestion and sebum
- Warms tissue to prepare for product absorption
- Clears upper and lower sinus cavities to improve breathing
- Calms and relaxes the Central Nervous Systems
- Relaxes eye muscle fatigue due to strain, poor vision, bad lighting and glasses
- Stimulates the lymphatic system to decrease puffiness and remove toxins
- Accelerates cellular metabolism for collagen and elastin synthesis
- Clears blocked energy channels
- Brings nutrient and oxygen enriched blood cells to the skin

# Health Intake Info

## **Indications:**

- Primary or secondary lymphedema.
- Lipedema.
- Phlebo-lymphostatic edema.
- Postoperative edema.
- Posttraumatic edema.
- Chronic venous insufficiency.
- Palliative care: Provision of comfort and pain relief when other physical therapies are no longer appropriate.
- Muscle spasm
- Rheumatic disorders
- Inflammation
- Sinus congestion or sluggish bowels
- Fatigue or insomnia
- Congested complexion, Rosacea, decreased circulation
- Chronic tension and headaches
- Stress and slow metabolism

## **Contraindications:**

Despite the great variety of applications for MLD, there are a number of hard/soft contraindications:

**\*\* Do NOT perform MLD\*\***

- Any metastatic or systemic malignant condition
- Congestive Heart or Renal failure
- Deep Vein Thrombosis
- Acute infections
- Undiagnosed lumps
- Open sores or lesions
- Under the influence of drugs alcohol
- Active Lupus

**\*\*Proceed with Caution\*\***

- Edema following carcinoma treatment
- Thyroid Dysfunction
- Chronic inflammation
- Bronchial asthma
- Hypotension (low BP)
- Diabetes
- Known allergies
- Reactive eczema
- Inflamed rosacea
- Blood thinner
- acne

Manual Lymphatic Drainage should not be used to diagnose or cure health disorders.  
We do not heal our clients; the body repairs itself.

## Q & A

### **What is MLD?**

Manual Lymphatic Drainage is a slow rhythmic “pumping” manual technique intended to stimulate and mobilize stagnant lymph thru tiny “one-way” valves for the removal of systemic waste.

### **What is the purpose of MLD?**

The purpose of lymph drainage is to move fluid out of your tissues into lymph nodes where bacteria, viruses and other harmful microorganisms are destroyed. It reduces swelling and pain and stimulates your immune system by increasing the circulation of white blood cells. There are many lymph nodes in your face and neck, and they protect you against pathogens that can enter your body through your eyes, nose and mouth.

### **What is Lymph comprised of?**

Lymph is a fluid that contains a variety of substances. White blood cells, waste material, fats from the digestive system, proteins, salts, glucose, fats, water, and white blood cells and interstitial fluid, unlike your blood, lymph does not normally contain any red blood cells. The composition of lymph varies a great deal, depending on where in your body it originated. This fluid literally cleans the body, fighting illness and regulating many processes. The lymph system is connected through silk-fine threads that rest just under the surface of the skin, hence the reason we use a feather light touch.

### **How do I do MLD?**

The basic massage movement is a small, one or two finger circle. There is slightly more pressure in the direction of the lymph nodes and lighter pressure as you finish the circle. This helps push fluid inside the lymph vessels into the nodes. The pressure is just enough to move the skin and nothing else. The circle “pump” is done in a slow rhythmic pattern with equal pressure in both hands. The intent is to move lymph away from the face and neck and down into the axillary nodes to optimize flow. It will aid in reducing congestion and swelling anywhere applied. Unlike typical facial massage, these very gentle movements are directed downward to drain, **not** upward to firm and tone muscle.

### **What are Lymph Nodes?**

Lymph nodes are little bean shaped glands about the size of a pea. Their sole purpose in life is to filter debris from the body. They work very quietly in the background and usually go unnoticed until they get backed up. The nodes act as fighters against foreign invasion by bacteria, viruses, cancer cells or toxins. The lymphocytes also help control the immune response. These lymphocytes originate from stem cells in the bone marrow.



## Q & A *(cont.)*

### **How many Lymph Nodes are in the body?**

The body has between **500** and **700 lymph nodes** (the number of nodes varies from individual to individual). About half of the nodes are in the middle of your body (stomach or abdominal cavity). The lymph nodes near your armpits and groin have about **100 nodes**.

### **Where are the Lymph Nodes on the face?**

Lymph nodes are located throughout the body but the largest groupings are found in the **neck, armpits, and groin** areas. Swollen lymph nodes may be a sign that the body is dealing with an infection, injury, or cancer.

- A chain of lymph nodes that reaches from *the inner corners of your eyes to your nose*.
- At the base of your skull are occipital nodes
- Under and behind your *ears*
- Under your *jaw line and chin*.
- ***Two large chains of nodes on your neck, leading down toward the collar bone***

### **Where do Lymph Nodes Drain?**

Eventually lymph empties into blood vessels near your heart, to circulate around the body again.

### **How Does Lymph flow?**

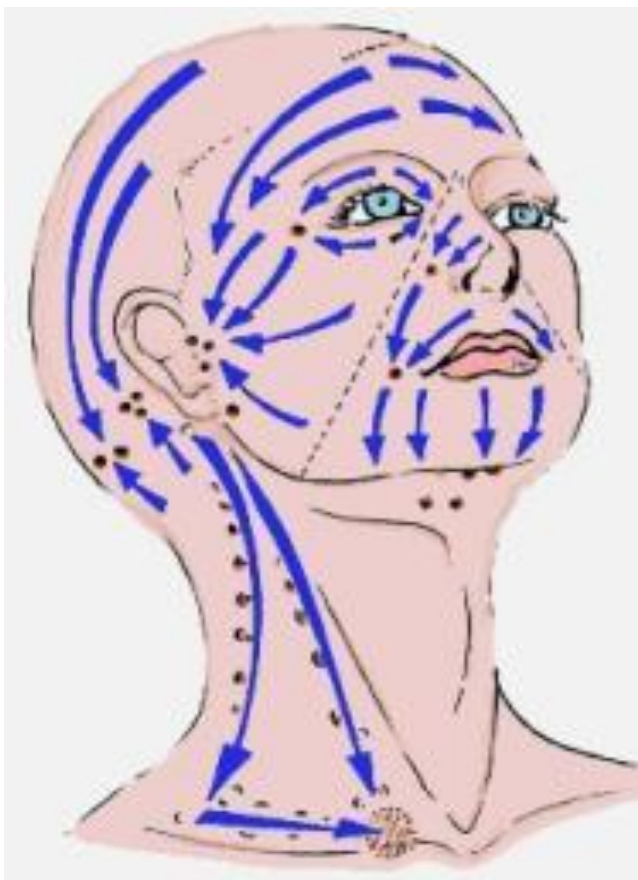
Lymph is moved through the body in its own vessels making a “one-way” journey from the interstitial spaces to the subclavian veins at the base of the neck. Since the lymphatic system does **not** have a heart to pump it, its movement depends on the motions of the muscle contracture and gravity for flow.

**Please contact the instructor, Cheryl Miller, if you have any questions @ 253.225.1649**

If not, **we are ready to begin.....**

# MLD Technique

This unique technique is circular or spiral strokes while alternating pressure, usually done bilaterally, to encourage lymph flow. These changes in pressure generate the pumping effect needed to push lymph in the natural “one-way” direction of flow. The stroke involves skin-to-skin contact and is generally done on clean dry skin. Oil may be used for very dry or course skin, scars or edema. The pressure is very, very light. Just enough to gently move the skin and should not cause an ischemic or erythemic reaction.



## Basic 5 Step MLD

1. Begin your treatment with nodes and large lymph channels found at the venous arch on both sides of the neck. Stimulating these areas creates a pathway for all the waste lymph from elsewhere in the head to drain efficiently. Two large tubes run on either side of the neck and down right where collar bones meet, and that is where you initially want to apply light pressure to stimulate and open. Dr. Vodder calls this “clearing the chain lymph nodes to the terminus”
- 2 Address the areas right in front and behind the ears, as well as either side of the nose moving medial to lateral and then flushing downward.
- 3 Using ring fingers only, use very light circular patting motions in a C-shape from eyebrows down tracing the orbital bone of the eye back up to the tail of your eyebrow. This movement helps de-puff eyes and get circulation moving.

Connect lymph to the areas you have already cleared and continue to flush downward.

- 4 From the center of the forehead work laterally connect with the areas you have already cleared and finish at the clavicle.
- 5 Starting at the crown of the head, work superior to inferior toward the suboccipital ridge. I like to use 4 or 5 fingers for this part. Continue the flow toward the clavicle. **Repeat entire sequence again if needed.**

### **What to expect after your MLD treatment:**

**You just stimulated the body's most powerful system of detoxification, it is very important to stay hydrated to keep the lymphatic system flowing.**

#### **What You may feel after MLD:**

- Feeling your body as "light and fluffy"
- Brain Fog
- Increased odorous urination
- Increased odorous bowel movements
- Deeper and more restful sleep
- Hunger or cravings for fats
- Thirst
- Tiredness, wanting to rest or nap
- Sinus Drainage
- Ear Drainage
- Reductions in swelling
- Decrease in headaches

# Manual Lymphatic Drainage Quiz

1. Lymph flows upward to firm and tone muscles. T F
2. The manual lymphatic drainage technique activates the sympathetic nervous system.  
T F
3. The correct manual technique to move lymph is:
  - a. Push
  - b. Press
  - c. Pump
  - d. Pop
4. Lymphatic drainage is recommended for clients with Deep Vein Thrombosis. T F
5. Lymphatic drainage is a systemic and holistic technique for mobilizing lymph. T F
6. I should see an erythemic reaction with lymphatic drainage. T F
7. Lymphatic drainage is a relatively new technique developed in the early 1930s. T F
8. Congestive heart failure is an absolute contraindication. T F
9. Lymph depends on the motion of muscle contracture and gravity for flow. T F
10. Which finger is used in lymphatic drainage around the orbicularis oculi?
  - a. Pinky finger
  - b. Ring finger
  - c. The thumb
  - d. The two index fingers

Note: this quiz is provided here to help you study and for reinforcement of your learning. You will need to take the exam on the website as a requirement of your Certification.

## **Certification**

Your Certificate of Training will be mailed to you after you submit a 60-90 second video of yourself explaining the indications for performing the treatment and demonstrating the technique. For information about how to create and submit your demonstration video, please Private Message me on Facebook through my personal account:

<https://www.facebook.com/CherylMiller.TheZenLounge>