

## **Manual Lymph Drainage (MLD)**

Dr. Vodder Method is called Combined or Complex Decongestive Therapy to treat Lymphedema.

### **What is Lymphedema?**

Lymphedema is a swelling of a body part, most often an extremity, resulting from an accumulation of fluids in the tissue.

### **How does Lymphedema Occur?**

A Stagnation of protein develops in the tissue, this raises the colloid osmotic pressure and a protein rich edema arises. Lymphedema occurs when the lymph vascular system is not able to fill its functions of reabsorbing and transport of the protein and lymph load.

Lymphedema may be due to primary (congenital) cause or of a secondary cause (caused by a known condition), including removal of the lymph nodes or trauma. Lymphedema is a chronic and if untreated, progressive condition.

### **What is the Treatment of Lymphedema?**

The goal of treatment is to reduce the swelling and facilitate the flow of lymph fluid to the venous circulation of the affected area.

The most effective approach is Combined or Complex Decongestive Therapy.

1. Lymphatic Therapy: Patients receive Dr. Vodder's Manual Lymph Drainage (MLD) to remove excess fluid and protein.
2. Compression Therapy: Bandaging with specific bandages and interfacing materials of the affected limb/area follows each MLD session.
3. Remedial Exercises & Breathing to further promote venous and lymphatic movement by activating muscle and joint pumps.
4. Skin Care & Hygiene Excellent skin care will help to eliminate bacterial & fungal growth to minimize possible attacks.