



## Workshop project: Lymph Drainage Therapy; LDT1, LDT2 and BR

Faculty of Physical Therapy, Saint Louis College

11th to 23rd February 2027

1. **Name of project** Lymph Drainage Therapy; LDT1, LDT2 and BR
2. **Responsible Parties** Faculty of physical therapy, Saint Louis College
3. **Rationales** At present, health problems are more complex and the consequences can be very complicated. More specific individual treatments are very important to lessen and / or cure the problems and their consequences to improve quality of lives. To correspond with Thai health system that points to primary care services, manual therapy technique such as “Lymph Drainage Therapy” by Dr. Bruno Chikly, M.D. is one of the most beneficial techniques for physical therapy in primary care system.
4. **Aims**
  - 4.1 Promote and enhance life-long learning in the specific individual treatment skills
  - 4.2 Sharing and learning the specific beneficial techniques
5. **Date**
  - 5.1 **Class LDT1** Thursday 11th – Sunday 14th February 2027 (4 days)  
(Lymph Drainage Therapy 1: Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity)
  - 5.2 **Class LDT2** Tuesday 16th – Friday 19th February 2027 (4 days) **Pre-requisites: LDT1**  
(Lymph Drainage Therapy 2: Pathological Pathways/Manual Lymphatic Mapping)
  - 5.3 **Class BR** Sunday 21st – Tuesday 23rd February 2027 (3 days) **Pre-requisites: Brain1**  
(Brain Reflex: Brain Therapy for Neonatal Reflexes & General Reflexes in Adults and Children)
6. **Venue**

St.Francis Building, 2nd floor, Faculty of Physical Therapy, Saint Louis College  
Sathorn Alley 13, South Sathorn Road, Yannawa, Sathorn, Bangkok 10120, Thailand.
7. **Main lecturer** Beverly Cook LMT, LLCC, LTC, NBCTMB  
Chikly Health Institute: <http://chiklyinstitute.com>
8. **Practical assistants**
  - 8.1 Lect. Dean P. Chang, B.Sc. Certified Teaching Assistant, Chikly Health Institute
  - 8.2 Lect. Wendy Daina Madgwick, PT Certified Teaching Assistant, Chikly Health Institute

- 9. Participants** Physical therapists, Physical therapy lecturers and other healthcare professionals
- 9.1 Class LDT1 30 participants
- 9.2 Class LDT2 30 participants Pre-requisites: LDT1
- 9.3 Class BR 24 participants Pre-requisites: Brain1

**10. Activity** Lecture, practice, discussion and reflection

**11. Contact persons for class detail** Faculty of Physical Therapy, Saint Louis College

11.1 Asst.Prof. Pakavalee Poomsu-tat, Ph.D. pakavalee@slc.ac.th 66 (81) 407 1717

11.2 Lect. Chathipat Kruapanich, Ph.D. chathipat@slc.ac.th 66 (89) 731 0235

**More Information of Class:** [www.slc.ac.th](http://www.slc.ac.th)

**More information of Lymph Drainage Therapy:** <http://chiklyinstitute.com>

**12. Registration fee per class** (including 1 lunch 2 breaks / day)

12.1 Thai Participant 23,000 THB

12.2 Foreign Participant 29,000 THB

**13. Class evaluation**

13.1 Satisfaction questionnaire for workshop

13.2 Questionnaire for level of knowledge of participants before and after workshop

**14. Workshop Committee**

|     |                          |            |                            |
|-----|--------------------------|------------|----------------------------|
| 1.  | Lect. Waleerat           | Sansee     | Chairman                   |
| 2.  | Asst. Prof. Dr.Pakavalee | Poomsu-tat | Co-Chairman                |
| 3.  | Dr. Chathipat            | Kruapanich | Coordination               |
| 4.  | Mr. Potchara             | Phak-insee | Information Technology     |
| 5.  | Mr. Komin                | Inseewong  | Information Technology     |
| 6.  | Mr. Sorasak              | Srisaard   | Information Technology     |
| 7.  | Ms. Piyachon             | Saepae     | Information Technology     |
| 8.  | Ms. Satirrat             | Aiammano   | Finance                    |
| 9.  | Ms. Laddawan             | Saetiew    | Facilities and Catering    |
| 10. | Ms. Jaruwan              | Rungsawang | Facilities and Catering    |
| 11. | Ms. Saowarot             | Roekthane  | Registration and secretary |

## Lymph Drainage Therapy 1 (LDT1)

Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity

Venue: Faculty of Physical Therapy, Saint Louis College, Sathorn, Bangkok, Thailand

Thursday 11th – Sunday 14th February 2027 (4 days)

### Day One (TIME: AM & PM)

|               |                                                                                                                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 - 11:00 | Introduction / Teaching material / History of manual lymph drainage therapy<br>Physiology: the liquids in the body, blood and lymph circulation<br>Physiology of the lymphatic system / General anatomy of the lymphatic system |
| 11:00 - 11:15 | Break                                                                                                                                                                                                                           |
| 11:15 - 12:30 | Applications of LDT / Contraindications of LDT / Protocol and demo using lymph techniques                                                                                                                                       |
| 12:30 - 02:00 | Lunch                                                                                                                                                                                                                           |
| 02:00 - 03:30 | Body Level 1: Demonstration of the locations of lymph nodes and vessels<br>Body sequence level 1: Neck - front chain                                                                                                            |
| 03:30 - 03:45 | Break                                                                                                                                                                                                                           |
| 03:45 - 05:30 | Body sequence level 1: Thorax / Self-Help                                                                                                                                                                                       |

### Day Two (TIME: AM & PM)

|               |                                                                                |
|---------------|--------------------------------------------------------------------------------|
| 09:00 - 11:00 | Review, questions and answers<br>Body sequence: Thorax (end) - Upper Extremity |
| 11:00 - 11:15 | Break                                                                          |
| 11:15 - 12:30 | Body sequence: Superficial Abdomen                                             |
| 12:30 - 02:00 | Lunch                                                                          |
| 02:00 - 03:30 | Body sequence: Deep Abdomen                                                    |
| 03:30 - 03:45 | Break                                                                          |
| 03:45 - 05:30 | Body Sequence: Lower Extremity                                                 |

### Day Three (TIME: AM & PM)

|               |                                                                                                                                      |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 - 09:45 | Review, questions and answers<br>Lymphedema theory / Lymph exercises for the hands: “asynchrony - “The Arching” – Direction of lymph |
| 09:45 - 10:30 | Body Sequence: Lower extremity anterior side (continued)                                                                             |
| 10:30 - 10:45 | Break                                                                                                                                |
| 10:45 - 12:30 | Body Sequence: Lower extremity anterior side (continued): shin, ankle, foot                                                          |
| 12:30 - 02:00 | Lunch                                                                                                                                |
| 02:00 - 02:45 | Systems affected by LDT / Pre-post-surgery protocol and clinical cases                                                               |
| 02:45 - 03:30 | Treatment Programs                                                                                                                   |
| 03:30 - 03:45 | Break                                                                                                                                |
| 03:45 - 05:30 | Face Sequence: The Neck: extensive sequence / Inside the “Cone of the Face”                                                          |

**Day Four** (TIME: AM & PM)

|               |                                                                                                                                        |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 - 10:30 | Face sequence: Outside the “Cone of the Face” / Final techniques                                                                       |
| 10:30 - 10:45 | Break                                                                                                                                  |
| 10:45 - 11:45 | Questions and Answers<br>Drainage of the Liver / General Review Face and Body                                                          |
| 11:45 - 12:30 | Self-drainage L.D.T. protocol                                                                                                          |
| 12:30 - 01:30 | Lunch                                                                                                                                  |
| 01:30 - 02:45 | Final questions and answers / Review / Take home Protocol<br>Self-reflection and identification of changes for practitioner’s practice |

## Lymph Drainage Therapy 2 (LDT2)

Pathological Pathways/Manual Lymphatic Mapping (Pre-requisites: LDT1)

Venue: Faculty of Physical Therapy, Saint Louis College, Sathorn, Bangkok, Thailand

Tuesday 16th – Friday 19th February 2027 (4 days)

### Day One (TIME: AM & PM)

|               |                                                                                                                                            |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 – 11:00 | Introduction, teachers, students, teaching assistants and facilitator / Teaching material<br>Superficial and deep thorax: theory - anatomy |
| 11:00 - 11:15 | Break                                                                                                                                      |
| 11:15 - 12:30 | Lab: Superficial and deep thorax                                                                                                           |
| 12:30 - 02:00 | Lunch                                                                                                                                      |
| 02:00 - 03:30 | Lab: Superficial Manual Lymphatic Mapping (MLM) - part 2                                                                                   |
| 03:30 - 03:45 | Break                                                                                                                                      |
| 03:45 - 05:30 | Lab: Upper extremity lymphatics                                                                                                            |

### Day Two (TIME: AM & PM)

|               |                                      |
|---------------|--------------------------------------|
| 09:00 - 11:00 | Edema and Lymphedema theory          |
| 11:00 - 11:15 | Break                                |
| 11:15 - 12:30 | Lab: Liver and Lungs                 |
| 12:30 - 02:00 | Lunch                                |
| 02:00 - 03:30 | Lab: The back                        |
| 03:30 - 03:45 | Break                                |
| 03:45 - 05:30 | Lab: Mapping of the back lymphotomes |

### Day Three (TIME: AM & PM)

|               |                                                     |
|---------------|-----------------------------------------------------|
| 09:00 - 09:45 | Specific lymphatic anatomy of the neck              |
| 09:45 - 10:30 | Lab: Drainage of the neck                           |
| 10:30 - 10:45 | Break                                               |
| 10:45 - 12:30 | Lymphedema Cases / Mapping Slides / Lymphedema Demo |
| 12:30 - 02:00 | Lunch                                               |
| 02:00 - 03:30 | Lab: Lymphatic of the breast                        |
| 03:30 - 03:45 | Break                                               |
| 03:45 - 05:30 | Lab: Applications of LDT for the face               |

### Day Four (TIME: AM & PM)

|               |                                                                                                                                                                                   |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 - 10:30 | Lab: Directional impulse technique                                                                                                                                                |
| 10:30 - 10:45 | Break                                                                                                                                                                             |
| 10:45 - 12:30 | Lab: Lympho-fascia Release (LFR) technique: application to a viscera / Drainage of the Cisterna Chyli                                                                             |
| 12:30 - 01:30 | Lunch                                                                                                                                                                             |
| 01:30 - 02:45 | Lab: Bariatrics / cellulite / wrinkles and lymph / Fluidic / Fibrotic techniques<br>Take home Protocol. Self-reflection and identification of changes for practitioner's practice |

## **BR: Brain Therapy for Neonatal Reflexes & General Reflexes in Adults and Children**

**Venue: Faculty of Physical Therapy, Saint Louis College, Sathon, Bangkok, Thailand**

**Sunday 21st – Tuesday 23rd February 2027 (3days)**

### **Day One (TIME: AM & PM)**

|               |                                                                                                                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09:00 – 11:00 | Introduction.<br>Reflex definition, physiology, and pathophysiology<br>Neonatal reflexes: clinical case studies / Reflexes: motor, associated behavior, and mood<br>Brain techniques to inhibit neonatal or postural reflexes |
| 11:00 - 11:15 | Break / group discussion                                                                                                                                                                                                      |
| 11:15 - 12:30 | Reflex testing, treatment, and home program: Tendon Guard Reflex (TGR)                                                                                                                                                        |
| 12:30 - 02:00 | Lunch                                                                                                                                                                                                                         |
| 02:00 - 03:30 | Reflex testing, treatment, and home program: Fear Paralysis Reflex (FPR), Moro Reflex                                                                                                                                         |
| 03:30 - 03:45 | Break / group discussion                                                                                                                                                                                                      |
| 03:45 - 05:30 | Reflex testing, treatment and home program: Babkin Reflex, Palmar Reflex                                                                                                                                                      |

### **Day Two (TIME: AM & PM)**

|               |                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------|
| 09:00 - 9:30  | Questions and answers / Case studies                                                                          |
| 09:30 - 11:00 | Reflex testing, treatment, and home program: Hand Pulling Reflex, Hand supporting / Parachute Reflex          |
| 11:00 - 11:15 | Break / group discussion                                                                                      |
| 11:15 - 12:30 | Reflex testing, treatment and home program: Babinski Reflex                                                   |
| 12:30 - 02:00 | Lunch                                                                                                         |
| 02:00 - 03:00 | Reflex testing, treatment, and home program: Bauer Crawling Reflex, Automatic Walking Reflex                  |
| 03:00 - 03:30 | Reflex testing, treatment and home program: Crossed Extension Reflex, Plantar Reflex                          |
| 03:30 - 03:45 | Break / group discussion                                                                                      |
| 03:45 - 04:45 | Reflex testing, treatment and home program: Landau Reflex, Tonic Labyrinthine Reflex (TLR) forward / backward |
| 4:45 – 5:30   | Reflex testing, treatment, and home program: Symmetrical Tonic Neck Reflex (STNR)                             |

### **Day Three (TIME: AM & PM)**

|               |                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------|
| 09:00 - 10:30 | Questions and answers<br>Reflex testing, treatment, and home program: Asymmetrical Tonic Neck Reflex (ATNR)                     |
| 10:30 - 10:45 | Break / group discussion                                                                                                        |
| 10:45 - 12:45 | Reflex testing, treatment, and home program: Spinal Galant Reflex, Perez / Pulgar Marx & Vollmer Reflexes, and Amphibian Reflex |
| 12:45 - 02:00 | Lunch                                                                                                                           |
| 02:00 - 02:30 | Reflex testing, treatment and home program: Sucking / Rooting / Swallowing Reflexes                                             |
| 02:30 - 03:30 | Reflex testing, treatment and home program: Blink Reflex.<br>Take home protocol. Final questions and answers.<br>.              |