



Workshop project: Lymph Drainage Therapy; LDT1, LCFS-FM and BR
Faculty of Physical Therapy, Saint Louis College
12th to 23rd October 2022

1. **Name of project** Lymph Drainage Therapy; LDT1, LCFS-FM 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 Wednesday 12th to Saturday 15th October 2022 (4 days)
(Lymph Drainage Therapy 1: Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity)
 - 5.2 Class LCFS-FM Monday 17th to Wednesday 19th October 2022 (3 days) Pre-requisites: LDT1
(LDT Applications to Chronic Fatigue Syndrome, Fibromyalgia, MS & Chronic Neuroinflammations)
 - 5.3 Class BR Friday 21st to Sunday 23rd October 2022 (3 days) Pre-requisites: Brain1
(Brain Therapy for Neonatal Reflexes & General Reflexes in Adults and Children)
6. **Venue**

Room No.207, Saint Michael Building,
2nd Floor, Faculty of physical therapy, Saint Louis College
Sathon Soi 15 (Near BTS Surasak Station and BTS Saint Louis Station)
Sathon road, Yannawa, Bangkok 10120, Thailand
7. **Main lecturer** Beverly Cook LMT, LLCC, LTC, NBCTMB
Chikly Health Institute: <http://chiklyinstitute.com>
8. **Practical assistants**
 - 8.1 Class LDT1 and Class LCFS-FM
 - Lect. Pim Purisudh, P.T. M.S. Private practice and invited lecturer
 - Lect. Dean P. Chang, B.Sc. Private Practice (Certified Somatic Therapist, Certified Teaching Assistant; Chikly Health Institute)

8.2 Class BR

- Lect. Dean P. Chang, B.Sc. Private Practice (Certified Somatic Therapist, Certified Teaching Assistant; Chikly Health Institute)

9. **Participants** Physical therapists, Physical therapy lecturers and other healthcare professionals

- Class LDT1 40 participants
- Class LCFS-FM 40 participants Pre-requisites: LDT1
- Class BR 40 participants Pre-requisites: Brain1

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

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

- Asst.Prof. Pakavalee Poomsu-tat, Ph.D. pakavalee@slc.ac.th 66 (81) 407 1717
- Chathipat Kruapanich, Ph.D. chathipat@slc.ac.th 66 (89) 731 0235

More Information of Class: www.slc.ac.th

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

12. **Registration fee per class**

- Thai Participant 18,000 THB (including 1 lunch 2 breaks / day)
- Foreign Participant 27,000 THB (including 1 lunch 2 breaks / day)

13. **Class evaluation**

- Satisfaction questionnaire for workshop
- Questionnaire for level of knowledge of participants before and after workshop

14. **Workshop Committee**

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|-----|-----------------------|-------------------|----------------------------|
| 1. | Lect. Jitraporn | Sriboonpeng | Consultant |
| 2. | Asst. Prof. Pakavalee | Poomsu-tat, Ph.D. | Chairman |
| 3. | Lect. Chathipat | Kruapanich, Ph.D. | Co-Chairman |
| 4. | Mr. Jakkapan | Juntanee | Document and services |
| 5. | Mr. Cherdchai | Mungmee | Document and services |
| 6. | Mr. Tadchanon | Polngam | Information Technology |
| 7. | Mr. Sorasak | Srisaard | Information Technology |
| 8. | Ms. Prapussorn | Sinkongyu | Information Technology |
| 9. | Mr. Kittithuch | Wichairat | Information Technology |
| 10. | Mr. Anucha | Oungprasert | Information Technology |
| 11. | Ms. Daripa | Pavawongsak | Information Technology |
| 12. | Ms. Satrirat | Aiammano | Finance |
| 13. | Ms. Saowarot | Roekthane | Registration |
| 14. | Ms. Nawapatporn | Ploybanpraew | 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

Wednesday 12th to Saturday 15th October 2022 (4 days)

Day One (TIME: AM & PM)

- 09:00 - 11:00 Introduction / Teaching material / History of manual lymph drainage therapy
Physiology: the liquids in the body, blood and lymph circulation
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
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
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
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
- 2:45 - 3:30 Treatment Programs
- 3:30 - 3:45 Break
- 3:45 - 5:30 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
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
Self-reflection and identification of changes for practitioner’s practice

LCFS-FM: LDT Applications to Chronic Fatigue Syndrome, Fibromyalgia, MS & Chronic Neuroinflammations

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

Monday 17th to Wednesday 19th October 2022 (3 days)

Day One (TIME: AM & PM)

- 09:00 - 11:00 Introduction, teachers, students, teaching assistants and facilitator. Teaching material
Prevalence, symptomatology & diagnostic of CFS/FM
New international criteria for CFS
The 6 main lesions of Dr. Chikly
- 11:00 - 11:15 Break / group discussion
- 11:15 - 12:15 The 5 points assessment of Dr. Perrin
CFS/FM Clinical cases in the classroom: evaluation, treatment and discussion
- 12:15 - 1:45 Lunch
- 01:45 - 02:30 Applied Anatomy & Physiology of the Lymphatic System
Demonstration and drainage of the locations of lymph nodes and vessels
Specific drainage of the lymphatic system of the neck
- 02:30 - 03:30 Specific drainage of axillae and anterior thorax
- 03:30 - 03:45 Break / group discussion
- 03:45 - 05:30 Manual Lymphatic Mapping: Participants need to determine on their own superficial horizontal lymphatic watershed of the body

Day Two (TIME: AM & PM)

- 09:00 - 9:30 Questions and answers – Review
Lympho-Fascia Release (LFR): Applications to Viscera
- 09:30 - 10:30 Lympho-Fascia Release (LFR): Applications to Liver
- 10:30 - 10:45 Break / group discussion
- 10:45 - 11:45 Applications to small intestine (SI), root of the mesentery, loops of the intestines
- 11:45 - 01:15 Lunch
- 01:15 - 03:15 Lympho-Fascia Release (LFR): Applications to Pericardium/Heart
Lympho-Fascia Release (LFR): Applications to Pancreas
- 03:15 - 03:30 Break / group discussion
- 03:30 - 04:30 Lympho-Fascia Release (LFR): Applications to broncho-mediastinal membrane / interpleural ligaments
- 04:30 - 05:30 Lympho-Fascia Release (LFR): Applications to phreno-pericardic ligaments, vertebro-pericardic ligaments

Day Three (TIME: AM & PM)

- 09:00 - 10:30 Questions and answers – Review
The specific sacral lesion of CFS-FM: hemi-sacral somatic dysfunctions
- 10:30 - 10:45 Break / group discussion
- 10:45 - 12:45 Release dysfunctions of cerebellum peduncles / brainstem / pons / midbrain
- 12:45 - 02:00 Lunch
- 02:00 - 03:00 Release Meninges of the CNS: a curved tensegrity model
- 03:00 - 03:30 Final questions and answers. Review. 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

Friday 21st to Sunday 23rd October 2022 (3 days)

Day One (TIME: AM & PM)

- 09:00 – 11:00 Introduction.
Reflex definition, physiology, pathophysiology
Neonatal reflexes: clinical case studies
Reflexes: motor, associated behavior, and mood
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
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 Using Brain Therapy level 1 (B1) approach determine on a live person the location of a precise area of the CNS to inhibit one specific retained primary reflex.
Take home protocol.
Final questions and answers.
Self-Reflection and identification of changes for practitioner's practice.