

## 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