

## Lymph Drainage Therapy 1 (LDT1)

Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity

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

Monday 4th to Thursday 7th September 2023 (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
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 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