

## Lymph Drainage Therapy 2 (LDT2)

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

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

Saturday 9th to Tuesday 12th September 2023 (4 days)

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

09:00 - 09:30	Introduction, teachers, students, teaching assistants and facilitator / Teaching material Superficial and deep thorax: theory - anatomy
09:30 - 11:00	Lab: Superficial and deep thorax
11:00 - 11:15	Break
11:15 - 12:30	Lab: Superficial Manual Lymphatic Mapping (MLM) - part 1
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 - 09:30	Edema and Lymphedema theory
09:30 - 11:15	Lab: Liver
11:15 - 11:30	Break
11:30 - 12:30	Lab: 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
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