



Workshop project: Lymph Drainage Therapy; LDT1, LDT2 and Brain1
Faculty of Physical Therapy, Saint Louis College
4th to 17th September 2023

1. **Name of project** Lymph Drainage Therapy; LDT1, LDT2 and Brain1
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** Monday 4th to Thursday 7th September 2023 (4 days)
(Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity)
 - 5.2 **Class LDT2** Saturday 9th to Tuesday 12th September 2023 (4 days) **Pre-requisites: LDT1**
(Pathological Pathways/Manual Lymphatic Mapping)
 - 5.3 **Class Brain1** Thursday 14th to Sunday 17th September 2023 (4 days) **Pre-requisites: LDT1**
(Brain Tissue, Nuclei, Fluid & Autonomic Nervous System)
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 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 40 participants
 - 9.2 Class LDT2 40 participants **Pre-requisites: LDT1**
 - 9.3 Class Brain1 40 participants **Pre-requisites: LDT1**
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

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

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

- 12.1 Thai Participant 20,000 THB
 12.2 Foreign Participant 27,000 THB
 12.3 Foreign Participant (Repeat class) 20,000 THB (Only foreign participants of Saint Louis sponsor)

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

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|-----|-----------------------|---------------------|----------------------------|
| 1. | Asst. Prof. Pakavalee | Poomsu-tat, Ph.D. | Chairman |
| 2. | Lect. Chathipat | Kruapanich, Ph.D. | Co-Chairman |
| 3. | Mr. Jakkapan | Juntanee | Document and services |
| 4. | Ms. Supaporn | Kinkajon | Document and services |
| 5. | Mr. Kittithuch | Wichairat | Information Technology |
| 6. | Mr. Sorasak | Srisaard | Information Technology |
| 7. | Ms. Nutnaree | Wongthongdee | Information Technology |
| 8. | Ms. Chanadon | Chayaphonbovornphak | Information Technology |
| 9. | Ms. Satrirat | Aiammano | Finance |
| 10. | Ms. Nawapatporn | Ploybanpraew | Registration |
| 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

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

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

Brain1 (B1)

Brain Tissue, Nuclei, Fluid & Autonomic Nervous System (Pre-requisites: LDT1)
Venue: Faculty of Physical Therapy, Saint Louis College, Sathorn, Bangkok, Thailand
Thursday 14th to Sunday 17th September 2023 (4 days)

Day One (Time: AM & PM)

09:00 - 09:30	Introduction, teachers, students, teaching assistants and facilitator / Teaching material Autonomic nervous system / trauma / upregulation / downregulation: theory and scientific evidences Self-reflection and identification of growth opportunities
09:30 - 10:30	How to manually work with the structures of the brain and the ANS.
10:30 - 10:45	Break
10:45 - 11:30	Lab: Release autonomic nervous system/trauma/downregulation technique practice
11:30 - 12:30	Lab: Analyze and choose technique. Determine the location of an autonomic nervous system/trauma dysfunction in the face or cranium
12:30 - 02:00	Lunch
02:00 - 03:30	Lab: Brain Ventricles technique and central canal of the spinal cord
03:30 - 03:45	Break
03:45 - 05:30	Lab: Microanatomy and microphysiology techniques

Day Two (Time: AM & PM)

09:00 - 11:00	Lab: Brain nuclei: corpus callosum, septum pellucidum, fornix, indusium griseum
11:00 - 11:15	Break
11:15 - 12:30	Lab: Brain nuclei: basal nuclei, caudate nucleus, globus pallidus, putamen, claustrum, insula of Rheil (Reil)
12:30 - 02:00	Lunch
02:00 - 02:30	Lab: Brain nuclei: clinical case study and discussion
02:30 - 03:30	Lab: Brain nuclei: thalamus, pulvinar, interthalamic adhesion
03:30 - 03:45	Break
03:45 - 05:30	Lab: Brain nuclei: hippocampus, amygdala

Day Three (Time: AM & PM)

09:00 - 09:45	Lab: Brain nuclei: hypothalamus, pituitary
09:45 - 10:30	Lab: Brain nuclei: mammillary bodies, olfactory nerves, substantia nigra, red nucleus, ventral tegmental area (VTA)
10:30 - 10:45	Break
10:45 - 12:30	Lab: Brain nuclei: cerebellum: intra, inter and cerebro-cerebellar lesions. cerebellar nuclei
12:30 - 02:00	Lunch
02:00 - 03:30	Lab: Brain nuclei: pineal / habenula
03:30 - 03:45	Break
03:45 - 05:30	Lab: Universal Rhythm / Lab: Motility and release of the brain parenchyma

Day Four (Time: AM & PM)

09:00 - 10:30	Lab: Release of the brain/mobility: anterior release
10:30 - 10:45	Break
10:45 - 12:30	Lab: Release of the brain/mobility: posterior release
12:30 - 01:30	Lunch
01:30 - 02:45	Lab: Release of the spinal cord/mobility