

**A.I.D.M.O.V. ®**  
ASSOCIATION INTERNATIONALE DE DRAINAGE LYMPHATIQUE MANUEL  
[INTERNATIONAL MANUAL LYMPH DRAINAGE ASSOCIATION]

Head Office:  
PO Box 6514  
1002 Lausanne  
[www.drainage.ch](http://www.drainage.ch) / [www.aidmov.ch](http://www.aidmov.ch)

# VODDER MANUAL LYMPH DRAINAGE TRAINING PROGRAM April 2008



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ASSOCIATION INTERNATIONALE DE  
DRAINAGE LYMPHATIQUE MANUEL  
[INTERNATIONAL MANUAL LYMPH DRAINAGE ASSOCIATION]

Dr. E. VODDER “ORIGINAL METHOD”

GOVERNED BY LAW 60  
C.R.<sup>1</sup> N° 49293

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<sup>1</sup> Translator's Note: Unconfirmed, but possibly 'Registre de commerce,' or 'commercial register'.



## 1. BASIC COURSE – 70 hours

minimum of 10 days with 2 3-day sessions,  
1 2-day session and 1 2-day theory session

The basic course is open only to **health care professionals** involved in professional practical experience with patients, to **qualified aestheticians and massage therapists with certification recognised by health authorities**.

### 1<sup>st</sup> 3-day session

#### **Theory – 6h**

History of Dr. Emil Vodder's MLD.  
Anatomy and general physiology of the lymphatic system.  
Difference between lymphatic circulation and blood circulation.  
Starling's equilibrium (filtration, resorption, pressure in the various tissues).

#### **Practical– 15h**

Learning the Vodder manipulations:  
neck, nape of the neck, shoulders, abdominal region,  
lower legs, arms and face.

### 2<sup>nd</sup> 3-day session

#### **Theory – 6h**

Lymphatic channels of the skin.  
Extravascular circulation.  
Connective tissue and its role.

#### **Practical – 15h**

Review of the manipulations from the first session.  
Learning the manipulations of the back and lumber region.  
Special manipulations for mild oedema.

### 3<sup>rd</sup> 2-day session

#### **Theory – 4h**

Indications for performing VMLD  
Absolute contraindications  
Relative contraindications

#### **Practical – 10h**

Learning the manipulations of the chest (breasts).  
General review

### ***Theoretical examination***

### ***Practical examination***

### 4<sup>th</sup> 2-day session

#### **Theory – 14h**

Lymphatic system: 14 hours of theory given by a doctor.

**Students will receive the “Basic” certificate on successful completion of the examinations.**



## 2. ADVANCED COURSE – HEALTH-BEAUTY - 42 hours

minimum of 6 days with 2-day sessions

### 1<sup>st</sup> 2-day session

#### **Theory – 4h**

Anti-oedema effects.  
Healing effects.  
Analgesic and relaxing effects.  
Regenerative effects.  
Immunological effects.

#### **Practical –10h**

Review and update of the basic course manipulations.

### 2<sup>nd</sup> 2-day session

#### **Theory – 4h**

Discussions on results already obtained in practice.  
Video on the lymphatic system.

#### **Practical – 10h**

Perfecting special manipulations on the face, nape of the neck and lower legs.

### 3<sup>rd</sup> 2-day session

#### **Theory – 4h**

Insufficiency of the lymphatic vascular system.

#### **Theoretical examination**

#### **Practical – 10h**

Special manipulations on the abdomen and arms.

#### **Practical examination**

Students will receive the “Health – Beauty” certificate (title given by Doctor Emil Vodder) on successful completion of the examinations.

To receive the “Health-Beauty”, “Preventive Care” and “Therapy” certificates, students must study with several teachers. The teacher may also reserve the right to involve an expert.



### 3. ADVANCED COURSE – PREVENTIVE – 42 hours

minimum of 6 days with 2-day sessions

#### 1<sup>st</sup> 2-day session

##### **Theory – 4h**

Protein-rich lymphedema in interstitial tissue.

Development of a fibrosis.  
The need for anastomosis.

##### **Practical – 10h**

Specific manipulations for oedema and fibrosis.

Improvements of anastomosed channels.  
Improved irrigation in scar tissue.

#### 2<sup>nd</sup> 2-day session

##### **Theory – 4h**

Difference between primary oedema (from birth) and secondary oedema

Symptoms of venous insufficiency.

##### **Theoretical Examination**

##### **Practical – 10h**

Manipulations adapted to various conditions: osteoarthritis, hip osteoarthritis, (following surgery, an accident, etc...).

Oedema following surgery or an accident  
Creation of new lymphatic channels.

##### **Practical Examination**

Students will receive the “Preventive Care” certificate on successful completion of the examinations and the submission of a dissertation on a case treated for several months.



#### 4. THERAPY COURSE - 42 hours

minimum of 6 days with 2-day sessions

This course is reserved for doctors, physiotherapists, occupational therapists, qualified nurses, medical massage therapists, naturopaths and health practitioners.

##### 1<sup>st</sup> 2-day session

Theory – 6h

**Classification of lymphedemas:**

- primary ; secondary
- malignant
- pure ; combined

**Lipedema.**

**Panniculosis and phlebo-lymphedema.**

Practical – 8h

**Specific manipulations for different cases, deep abdominal tissue, ; benign liver, pancreas.**

##### 2<sup>nd</sup> 2-day session

Theory – 4h

**Lymphatic reflux and its consequences.**

**Cyst**

**Lymphocutaneous fistula**

Practical – 10h

**Create a channel over adjacent areas, anastomoses.**

**Manipulations on scars (from surgery or an accident).**

**Manipulations for varicose ulcers or burns.**

##### 3<sup>rd</sup> 2-day session

Theory – 3h

**Local oedemas in the central and peripheral nervous system.**

**Chronic inflammation of the respiratory system:**

- a) chronic sinusitis
- b) chronic tonsillitis
- c) catarrh of the Eustachian tubes
- d) paradontosis
- e) chronic bronchitis (emphysema)
- f) others

Theoretical examination

Practical – 11h

**Various conditions**

Practical Examination

Students will receive the “Therapy” certificate on successful completion of the examinations and the submission of a dissertation on a case treated for several months.



## **CONTINUING EDUCATION - 21 hours**

minimum of 3 days with a 1 – or 2-day session

**Each year, it is recommended that at least 3 days of review be completed, even for individuals with all the certificate degrees.**

These courses involve a review of basic manipulations, case supervision and discussion.

**In the case where these continuing education courses are not completed each year, the name of the therapist will be automatically struck off from the lists sent to health insurance plans in Switzerland as well as the AIDMOV central agency.**

## THE VODDER MANIPULATION

The basic manipulation of the Vodder method is rhythmic, gentle and light (30 Torr – 40 mmHg) and performed in a spiral direction. The hand makes pressure followed by a depression, and these are linked together in a spiral without interrupting the rhythm. This specific manipulation can be compared to a leaf landing on the ground or to the movement of a bent wheel.

### The purpose of such subtle manipulation of the hand

This is only because of the anatomy and physiology of the lymphatic system. The initial capillaries are situated directly under the epidermis. We might say that they are “sensitive, but from the other side”, in order to correctly situate their proximity under the hand of the practitioner. These extremely thin vessels would be compressed by very strong manoeuvres (such as those in standard massage), which would prevent the progression of lymph in the vessels. The rhythm of 5 to 7 manipulations in place is based on studies by Mislin (lymphologist 1978) on contractions of the lymphangion, the slightly bulging part of the lymphatic vessel between two valves. The spiral causes a wave throughout the entire vessel which is in harmony with peristaltic rhythm. When the manipulation is stopped, the wave thus created continues to be spread throughout the length of the collecting system. Consequently, this is actual rehabilitation of the lymphatic system that only the hand can perform. The spiral is the symbol of the rotation that creates growth. We find the spiral in the structure of DNA, the molecule that “in effect contains the information of life” (E. Guillé). From the physiological point of view the spiral passes the same point several times, at different levels. Contact should be as broad as possible and should never stopped abruptly.

Always refer to the underlying anatomy and physiological direction of the lymph.

In the words of Dr. Vodder: **“the hand gives but never takes”**. The movement is always one of offering.