

Dr Vodder School International

Basic 5-Day Full-Body MLD® Course



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Dr. Vodder School™
INTERNATIONAL

Authorized by the original Dr. Vodder Schule - Austria

Please contact Gay Lee or the Host School or for more information and class details. *Thank you*

Typical daily schedule:

8:30 AM – 5:30 PM
1 Hour lunch

To Enroll: Contact SPONSOR or visit www.VodderMLD.com for full schedule and information on MLD training.

• Enrolled students may download these beautiful pre-course study sheets (Topic Cards) **free**, prior to class, as preparation.

• **TOPIC CARD SUBJECTS:** (Condensed format, professional quality, beautifully illustrated, a permanent reference source.)

- I. Pathways of the Lymph System
- II. Fluid Movement & LCT
- III. Structure & Function-Lymph Sys.
- IV. Loose Connective Tissue
- V. Effects of MLD
- VI. Edemas: Applications of MLD
- VII. Indications for MLD
- VIII. Contraindications for MLD
- IX. Principles of MLD
- X. Glossary & References
- XI. Evidence Based Practice for LE
- XII. Dr. Vodder MLD Strokes

Go to: www.VodderMLD.com - Student Downloads

Manual Lymph Drainage (MLD®) is a gentle rhythmic technique developed in the 1930s by Drs. Emil and Estrid Vodder, Danish physical therapists. Scientific research has proven the effectiveness of Manual Lymph Drainage and clinical observations have confirmed these benefits. In Europe, Manual Lymph Drainage is a procedure recognized by national health insurance plans. In Germany alone, it is now the 3rd most prescribed physical therapy technique.

MLD® is a systematic series of precise movements that stimulates an increase in the normal functioning of the Lymphatic System. This promotes healthy connective tissue, enhances the body's immune response, relieves pain, and sedates the sympathetic nervous system. Thus it promotes the body's healing ability in many diverse applications, for example: sports injuries, scar tissue, pre and post operative care, as well as chronic inflammatory conditions, such as acne and rosacea, and many more.

This five day Basic Course prepares the student for advanced courses leading to certification by the Dr. Vodder School International. You will learn the four basic movements of **MLD®**. You will use these movements in routines effective in treating all parts of the body. A thorough introduction to **MLD®** theory will be presented. Be prepared to practice and study. Those who meet the prerequisites are qualified to attend the Basic course, the first of the four courses for certification as a Dr. Vodder Manual Lymph Drainage Therapist. (40 hr class; incl. 32 hrs practical)

Prerequisite: Health care professional license (MD, RN, OT, PT, DC, etc.), Esthetician license, or 500 hrs. massage training. Bring a set of sheets and wear comfortable clothing.

Continuing Education: The Dr. Vodder School International is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. Approved Provider #33225-00. The Basic 5-Day MLD® Course credits 40 CEs.

Cost: \$875 - 950. Includes Student Handbook, DVD, Lecture Notes, etc. Terms: \$350. deposit due by 30 days before class. The balance is due prior to beginning of class. The deposit becomes non-refundable within 30 days of class start date. **Class is limited to 12 students.**

Contact: GayLee@VodderMLD.com or 510. 849-1388 for enrollment.

Instructor: Gay Lee Gulbrandson (CLT-LANA, CMT, NAVALT) is a graduate of Beloit College, BA Biology, the National Holistic Institute; and the Hendrickson Method Institute of Orthopedic Massage. She has maintained a busy private practice since 1980. She holds an international certification by the Dr. Vodder School International to practice and teach **Dr. Vodder's MLD®**.

