

# Manual Lymph Drainage vs. Traditional Massage

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## GAY LEE'S LINKS & RESOURCE LIST SERIES

Brief comparison between Dr

Vodder's MLD **basic technique** and **traditional massage**.

## COMPARE MLD to TRADITIONAL MASSAGE

Dr Vodder's Manual Lymph Drainage	-vs-	Traditional Massage Techniques
SKIN MOVES GENTLY, <b>NO SLIDING</b> OVER SKIN	↔	MANY STROKE STYLES IN USE, SLIDE OVER SKIN
USE of FINGERS, and FLAT PALMS only	↔	USE FINGERS, HANDS, ARMS, ELBOWS, KNEES, FEET
PRESSURE is ULTRA LIGHT (Under 35 mmHg*)	↔	HEAVY PRESSURE PROMOTES FASCIA RELEASE, etc
REPETITION IN DEFINED AREAS (For Long Time)	↔	VARIOUS AREAS ADDRESSED / may be random or follow an established pattern according to discipline
DIRECTION of STROKE (Toward lymph drainage)	↔	DIRECTION of muscle / tendon, etc. (transverse / longitudinal)
SMALL MOVEMENTS, COVER SMALL AREAS	↔	MANY LONG STROKES, COVER LARGE AREAS
SLOW MOVEMENT of STROKES on SKIN	↔	MANY FAST LONG or DEEP STROKES EMPLOYED
AVOIDS HYPEREMIA (Not cause redness or heat)	↔	ENCOURAGES HYPEREMIA (brings blood to dermis)
PROXIMAL TO DISTAL (Ref. to Terminus) Work from venous angle toward extremities	↔	VARIOUS AREAS ADDRESSED / sometimes random (or) NECK to BACK to TRUNK to EXTREMITIES, etc.
CALMING, ANALGESIC, & SYMPATHICOLYTIC**	↔	RELAXING or ENERGIZING or stimulating or painful, etc.
PAIN AVOIDANCE & PAIN REDUCTION (Goal)	↔	OFTEN PAINFUL, SORENESS MAY RESULT
RELAXED HANDS & BODY (Therapist)	↔	TENSE HANDS, WRISTS, ARMS, ELBOWS, BODY
LUBRICANT FREE (Unless indicated)	↔	LUBRICANTS, LINIMENTS, OILS, LOTIONS IN USE
SCENT FREE	↔	OILS, SCENTS / SMOKE / Incense, etc. often used
NO EQUIPMENT USED	↔	EQUIPMENT: HEAT AND COLD, HAND-HELD TOOLS, AND A VARIETY OF OTHER EXTERNAL APPARATUS
Dr VODDER MLD BASIC TECHNIQUE <b>PROHIBITS</b> THE USE OF HEAVY PRESSURE (i.e. > 35 mmHg.)	↔	IN SOME DISCIPLINES "DEEP MANUAL LYMPHATIC DRAINAGE" HAS BEEN UTILIZED THAT APPLIES FIRM PRESSURE. THE BODY OF RESEARCH IS UNANIMOUS IN DOUBTING THE EFFICACY OF THESE TECHNIQUES FOR IMPROVED HEALTH. SEE CITATIONS FROM INTERNATIONAL "CONSENSUS DOCUMENTS", PEP CARDS, ETC.

\***Under 35 mmHg** (millimeters of mercury): Compares to "the pressure applied when gently stroking the head of a baby".

\*\***Sympatholytic Response:** Lowers the firing of the sympathetic nervous system (SNS) allowing the parasympathetic nervous system (PNS) to have a greater effect. Tending to reduce effects of sympathetic nervous activity. This response is stimulated by MLD correctly performed. For further information consult **autonomic nervous system** functions research.

**WARNING, CAUTION, and PUBLISHER'S LIMIT OF LIABILITY:** This chart is a study reference only and does not contain information on the possible complications of or contraindications for MLD. Always consult attending physician and medical sources before proceeding with MLD treatment, especially if patient has Lymphedema or **any** other pathology. Publisher and author are not responsible for misapplication or misuse of this chart. No express or implied warranty is made regarding accuracy or completeness. No warranty of merchantability or suitability for a particular purpose is made by seller or author. All liability is strictly limited to cost of product. No other liability is created or assumed hereby. Recommended use is limited to classroom discussion. Not a medical report or recommendation. Thank you. Gay Lee

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