

Gay Lee's Private Practice in Dr Vodder Manual Lymph Drainage, and adjunct Massage Therapies

Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT, MLD Learning System
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INFORMATION ABOUT GAY LEE'S PRIVATE PRACTICE

What Is Dr Vodder MLD?

- *Manual Lymph Drainage is a gentle treatment that stimulates fluid movement in the tissues by increasing the function of the lymph vessel system. When the lymph pathways become congested due to illness, injury, or surgery, waste products build up in the tissues and may lead to swelling or other cell pathology.*
- *MLD cleanses the tissue and initializes an immune response. MLD is the most effective known treatment for lymphedema.*
- *An interactive custom guide, the **Lymphedema Control and Wellness Book**, is available from Gay Lee to take charge of a developing or ongoing secondary lymphedema or related condition.*

What Is Orthopedic Massage Therapy?

- *It is the purpose of orthopedic massage to eliminate soft tissue adhesions, realign muscles, mobilize and rehydrate joints, and release entrapped nerves. A combination of transverse friction and fascia release techniques are used to relieve muscles in sustained contraction or misalignment.*

Benefits include: • Muscle relaxation • Pain relief • Improved circulation • Enhanced energy

A Professional Approach:

- *A unique combination of independent research and formal training in various disciplines produces effective musculo-skeletal work and increased lymph system response from Gay Lee's professionally certified techniques.*
- *Results include alleviation of tension, tightness, fatigue, stress, range of motion limits, pain, and reduction in swelling (edema).*
- *Strict ethical guidelines provide a safe environment that promotes health and relaxation.*

Collaboration With Medical Team:

- *These massage treatments do not include diagnosis or any procedure for which a license to practice medicine, chiropractic, or podiatry is required. Gay Lee collaborates with medical professionals to help create the maximum state of health for her clients.*

Appointments:

- **Appointments:** 0.5, 1.0, or 1.5 Hr available. • **First Visit:** 1 ¼ Hr suggested.
 - **Cancellation:** Please provide 48 hour's notice or the full fee is expected.
 - **On Site:** Quoted upon request, add travel time, ease of access. 1 Hour minimum.
- **Instruction, Consultation:** Quoted upon request, based on location, number of students, etc. 0.5 Hr minimum.

Contact and Confirmation:

- **Appointments are made by telephone.** Please contact Gay Lee by telephone to inquire about appointments. A return call will be made to discuss your inquiry and to set a convenient date and time.

OFC: 510. 849-1388 **FAX:** 510. 558=8363 **Mail only:** 1791 Solano Ave #A8 Berkeley, CA 94707

Location:

- **Due to multiple locations**, Gay Lee will advise of clinic address when appointment is arranged.
- **Locations** may include Berkeley, Albany, and El Cerrito, CA.

Your First Appointment?

Before your first visit, please fill out my Health History Form (will send*).

* **If** you have lymphedema, please fill out a Lymphedema Evaluation Form as well.

Bring completed forms to your first appointment.

Option: arrange for an interactive **Lymphedema Control Wellness Book** appointment.

Thank you.

CONTACT FORM

Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT

- *Beloit College, BA- Biology*
- *Certified Massage Therapist (CMT)*
- **Vodder MLD Therapist** fully certified by the *Dr Vodder School International (DVSI)*
- **Certified Lymphatic Therapist (CLT-LANA)** – by the *Lymphedema Association of North America (LANA)*
- **Certified Orthopedic Therapist** – by the *Institute of Orthopedic Massage (IOM)*
- **NCTMB National Certification Exam** (by *NCBTMB*)
- *Dr Vodder School International MLD Instructor*
- **NCBTMB Approved Provider**
- **NAVALT® Member**
- **AMTA® Member**
- **LANA Member**

[Live and Learn MLD](#)

www.VodderMLD.com