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# THERAPY NEWS

VOLUME 16 ISSUE 2

SEPTEMBER 2012

## Inside this issue:

Editorial	1
Some highlights of the 2012 ILF Conference, Montpellier, France	1-2
Launch of the ILF Position Document on Compression Therapy	2
Pathways Magazine	2
National Lymphedema Network conference Dallas, TX, USA, September 5 to 9, 2012	3
9 <sup>th</sup> Australasian Lymphology Association Conference, Cairns, QLD, Australia, May 24 to 26, 2012	4
Reviews Reports	5
Congrats to new Therapists	6-7
Articles	8
Conferences 2012/2013	8
Reviews 2013	8

## Editorial

Robert Harris, HND, RMT, CLT-LANA

This year has seen some major conferences on lymphedema around the world and I am grateful to those who attended and who have shared their

impressions. This issue is dedicated to reporting the major findings at the conferences. §

## Some Highlights of the 2012 ILF Conference, Montpellier, France, June 28-30, 2012

By Anna Towers, MD



Canadian team at the ILF conference

The 4<sup>th</sup> Conference of the International lymphedema Framework was attended by participants from 33 countries to hear about and discuss some of the latest position documents and clinical research. The position documents that were launched at this conference will soon be available on the ILF website ([www.lympho.org](http://www.lympho.org))

### The Children's Camp

Children with lymphedema were a focus at this ILF conference. For the past several years Dr. Isabelle Quéré, a pediatric vascular surgeon, and her team, who treat children and adolescents at the hospital in Montpellier, have offered three-day weekend summer camps for young patients and their parents to review medical treatment, to have time to share with others and to attend workshops on self-management. During this Congress there was a simultaneous 5-day camp for children, during which a film was made. Footage from the film was shown at the end of the conference, which provided for an emotional and inspirational experience.

### Emerging and future treatments—genetics and molecular therapies

Dr. Stanley Rockson of Stanford University discussed biomarkers and molecular therapeutics. Using protein biomarkers we may be able to detect stage 0 lymphedema or a genetic predisposition to lymphedema in at-risk individuals. Dr. Rockson is

also doing exciting work on the response of inflammatory processes in lymphedema to anti-inflammatory medication that may lead to a medical treatment to reduce the progression of some of the changes that accompany lymphedema. In addition, we may be able to overcome lymphedema functional abnormalities with targeted agents, for example, those that enhance VEGF-R3. These agents may produce lymphangiogenesis that may reverse lymphedema.

### The role of genetics

Recent genetic studies reveal a predisposition to edema in persons who develop lymphedema following cancer treatment or other trauma. Dr. Vaughan Keeley of the Royal Derby Hospital, UK discussed the role of genetics in the maintenance and growth of systems including lymphatic vessels and how this helps explain why lymphedema occurs when it does. Clinicians and geneticists, such as Dr. Peter Mortimer and Fiona O'Connor, are developing detailed phenotypic classification of syndromes that include lymphedema. Eventually we will have classifications from genetic testing as more mutated genes are being discovered. Genes that can predispose an individual to develop the often misdiagnosed problem of lipoedema are also being investigated.

### The prospective surveillance model in the follow-up of breast cancer patients

There is increasing evidence that early identification of sub clinical lymphedema may decrease the rate of lymphedema progression when measured at one year. Nicole Stout, physiotherapist from Bethesda USA, also argued that such a surveillance model may significantly decrease the costs of lymphedema compared with traditional follow-up, in the order of \$636 for one year for the surveillance model and \$3124 for traditional care.

For more details and free PDFs, consult the CANCER journal April 2012 Supplement

<http://onlinelibrary.wiley.com/doi/10.1002/cnccr.v118.8s/issuetoc> §



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“patient self  
management and  
decongestive therapy  
remain critical to  
good outcomes”

## Launch of the ILF Position Document on Compression Therapy

The International Lymphoedema Framework released the first two of a series of in-depth documents on aspects of lymphedema practice that will contribute to the second edition of the best practice document. Once released, each position document will be available in pdf version on the ILF website.

The current evidence base supports compression as the single most important element of treatment both in initial management and in the long-term maintenance of lymphedema. Compression systems should not, however, impede function or overall mobility. The document makes three interesting new arguments:

- 1) graduated compression profiles are rarely achieved in practice according to Laplace's Law,
- 2) traditional approaches to the filing of enhanced skin folds may produce a negative pressure, and
- 3) excessive foam padding reduces the compression applied to a limb.

A chapter on how the challenges of bandaging are addressed in resource poor countries such as India where there is a lack of materials and trained staff can be an inspiration to us all.

### **A position document on surgery for lymphedema**

Based on a systematic review undertaken by the American Lymphedema Framework Project, this position document stresses that patient self-management and decongestive therapy remain critical to good outcomes, and care should be delivered in a concerted fashion according to the chronic care model. Where conservative, co-ordinated treatments fail, circumferential suction assisted lipectomy (CSAL, also known as liposuction), performed by a surgeon specifically trained in this particular technique, is an effective and safe procedure. However, patients must wear compression garments continuously after the

surgery and for life. Microsurgical techniques such as lymphatico-venous anastomoses are developing, but further work is needed to effectively define indications for such surgery. In the US the evidence is considered insufficient to justify reimbursement. Conservative decongestive therapies remain the mainstay of lymphedema treatment and surgical options do not eliminate the need for compression.

### **The importance of measurement and of reporting**

Prof. Piller stressed the importance of measuring and presenting outcomes of our innovations (like the writing up and publication of case reports), something that we do not do often enough. Even for traditional treatments, evidence is anecdotal. We need to assess cost/benefit and to determine how our interventions can lead to better outcomes. He encouraged accurate, objective and appropriate measurement of what we do, the use of international guidelines and consensus documents, and participation in minimal datasets and international research networks.

### **Manual Lymph Drainage – what is its place in the management of lymphedema?**

In the UK issues of reimbursement have led to a call for a review of the evidence concerning MLD in treating BCRL. To date the evidence overall is equivocal. The literature states that MLD improves lymphatic contractile function, improves quality of life, decreases capillary fragility (lipedema), decreases tissue fluid levels.

However, Devooght reported that MLD when applied after axillary dissection for breast cancer, in addition to education and exercise, has no effect on prevention of lymphedema when compared to exercise and education alone. §

## Pathways magazine



the theme of this issue is **Compression** and includes informative articles and studies from international

The Summer issue of *Pathways*, Canada's Lymphedema Magazine, has just been released! After rave reviews of the inaugural Spring issue, we hope to continue to provide up-to-date and relevant information to Canada's lymphedema community. The

experts such as Christine Moffatt, Deborah Glover, Dr David Keast, and Angela Vollmer. It also includes a patient perspective, entitled "Living the New Normal" and some summer living tips from physiotherapist, Janice Yurick.

**To order your subscription today, contact your local lymphedema association or email the Canadian Lymphedema Framework directly at [canadalymph@live.ca](mailto:canadalymph@live.ca) §**

# National Lymphedema Network conference, Dallas, TX, USA, September 5 – 9, 2012

By: Robert Harris, RMT, CI, CLT-LANA



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Over 750 delegates attended the 10<sup>th</sup> National Lymphedema Network conference in Dallas, Texas, September 5 to 9, 2012 and many varied presentations and workshops were given. The conference was opened with an inspiring talk by a patient with lymphedema and elite cross-fit athlete Debra Cardner-Carson.



*Robert Harris, Hildegard Wittlinger, Veronika Mühlegger & Andreas Wittlinger at the Vodder NLN booth*

The emphasis of many presentations and discussions was on surveillance, incidence and early detection of lymphedema with presentations by Jill Binkley MSPT, Sandi Hayes PhD, Nicole Stout MPT, Andrea Cheville MD, and Frank Vicini MD. Stout and Cheville held an interesting and contrasting debate about the early surveillance model proposed by Stout.

Surgical treatment of lymphedema was presented including autologous lymph node transfer (LNT) with Constance Chen MD, liposuction with Harry Voesten MD, and liposuction and LNT with Jay Granzow MD. LNT is still considered experimental and there is little published data to support it. Liposuction for

lymphedema that does not respond to CDT has been reported in publications and according to the authors is successful.

Numerous concurrent workshops were held, including an interesting one on the management of genital and lower trunk lymphedema with Nancy Hutchison MD, Monica Heinen PT and Christie Crep PT. They showed videos about how they treat male genital edema with MLD and bandaging. Kathleen Francis, MD and DeCourcy Squire gave an interesting presentation on advanced treatment techniques and medical considerations.

David Zaweija, PhD presented on the generation and regulation of lymph flow. This was a fascinating lecture showing how lymph collectors are not stimulated unless there is some internal pressure or shearing force against the inside walls (apart from extrinsic factors). Unless the lymph is being shifted from more distal areas, the lymph collector smooth muscle is not stimulated. Consequently lymph vessels tend to be at rest unless stimulated. Dr. Zaweija also discussed the role of antigen presenting cells within the collector wall musculature and the role they may play in immunity and possible modulation of lymph flow.

The keynote presentation on the last day was given by Prof. Hildegard Wittlinger. It was great to hear Hildegard speaking in front of such an audience on the history of the Wittlinger clinic and the legacy of Emil Vodder. Hildegard received a standing ovation for her speech and many subsequent speakers that morning spoke about how much they had learned about MLD during her lecture. To listen to Hildegard's lecture, please go to the NAVALT website at [www.navalto.org](http://www.navalto.org). The Dr. Vodder School had an exhibit at the conference, along with the Wittlinger clinic. There were many exhibitors and also many Vodder therapists present. §

“...Unless the lymph is being shifted from more distal areas, the lymph collector smooth muscle is not stimulated.”



*Hildegard Wittlinger as keynote speaker at the 10th annual NLN Conference*

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## 9<sup>th</sup> Australasian Lymphology Association Conference, Cairns, QLD, Australia, May 24 to 26 2012.

By: Deborah Berry BScPT

The conference was attended by 250 delegates and 50 consumers and included a wide variety of innovative and exciting research presentations in the area of lymphoedema.

Keynote speakers were Professor Peter Mortimer and Associate Professor Sheila Ridner.



*Dr Peter Mortimer and Dr. Vaughan Keeley*

*Professor Mortimer* has been the Professor of Dermatological Medicine at the University of London since 2000. His clinical practice deals almost entirely with chronic oedema, lymphoedema and lymph-related disorders. His presentations included discussion on the genetic basis of lymphoedema, the variety of presentations of lymphatic dysfunction, dermatology and melanoma.

*Associate Professor Ridner* is at the Vanderbilt University School of Nursing in Nashville, Tennessee. She has been active in lymphoedema research since 2000. She spoke on 'what do we really know of prevention practices?', 'education - what works?' and 'lymphoedema in head and neck patients'.

Invited speakers were:

*Dr Vaughan Keely*, who spoke about his many current research interests including

- the measurement of 'quality' of life in lymphoedema,
- the epidemiology of chronic oedema,
- the role of bio-impedance measurements,
- the possibility of 'preventing' lymphoedema in breast cancer patients after axillary node clearance, and
- the evaluation of intermittent pneumatic compression.

*Annette Loudon*, currently completing her Masters of Medical Sciences, spoke positively on the results, so far, of her research topic 'a randomized controlled pilot trial into the effects of yoga on women with secondary arm lymphoedema from breast cancer treatment'.

*Associate Professor Wayne Melrose*, a technical advisor to the World Health Organisation spoke on

lymphatic filariasis and other neglected tropical diseases. He is actively involved in research on the pathogenesis and treatment of lymphoedema. He spoke on the topic of filariasis – 'What do we know and what more do we need to know to manage it effectively?'

*Associate Professor Jane Turner* is an associate professor at the University of Queensland. She has worked in oncology for 20 years and her research interests are in the promotion of wellness after completion of cancer treatment, the impact of advanced cancer on patients and families, and health professional education. She explained that adequate information provision was associated with increased psychological well being – providing the opportunity to discuss issues was related to a reduction in stress.

As well, there were many other interesting discussions from a variety of speakers, including: managing cellulitis effectively; surgical intervention discussion included liposuction and plastic surgery [plus the use of indocyanine green for accurate imaging]; the challenge of measuring lymphoedema accurately; exercise prescription and compression garment wear during exercise; risk factors for lymphoedema and wound management.

Professor Mortimer closed an excellent conference



*Jan Douglass, Dr. Vodder therapist & instructor at her poster*

with a discussion of 'directions for the future'. He left us to ponder three topics:

- since chronic peripheral oedema is always a lymphatic problem, both should be considered as one and the same,
- what part does immune function play in cellulitis, and
- future of surgery in lymphoedema prevention and management.

Delegates were invited to attend the 10<sup>th</sup> Bi-annual Conference which will be held in Auckland, New Zealand in May 2014.§

“since chronic peripheral oedema is always a lymphatic problem both should be considered as one and the same.”

## Victoria Review: April 2012

27 North American therapists attended an advanced course for therapists at the Victoria Executive Centre. Hildegard Wittlinger and Robert Harris led the practical sessions and Dr. Anna Towers from McGill University gave an interesting presentation on the links between chronic venous insufficiency and obesity, current research and the International Lymphedema Framework. Discussions were stimulated about the challenges we face treating morbidly obese patients. *Ruth Coopee, MOT* gave an update on elastic taping to the whole group as well as a one day workshop. A 1 year old patient with Millroy's primary lymphedema was also presented, along with his mother, physiotherapist and Vodder trained therapist. Case



*1 year old patient with Millroy's primary lymphedema*

presentations were made by *Debbie Dooley Harms, OTR* on a patient with bilateral lymphedema after mastectomy who also had a DVT; *Tanya Turnbull, RMT* on a patient with primary lymphedema who was unable to lie prone.

## Stowe Review: May 2012

32 therapists attended the Stowe Review at the Golden Eagle Resort and Hildegard Wittlinger and Robert Harris led the practical days. Theory sessions were led by *Dr. Anna Towers* who discussed Best Practices, an on-line Lymphedema Therapist survey in Canada, current research and developments in lymphedema care. *Dr. Judith Nudelman* of Brown's University, Rhode Island, gave a talk on diagnostic challenges in lymphedema. Case presentations were made by *Monteo Myers, LMT* on a patient with LE lymphedema and femoral cutaneous nerve compression as well as iliotibial band syndrome; *Pam Fichtner, RMT* presented the ethnodrama on DVD she had participated in with *Dr. Roanne Thomas McLean* on the experiences of women with lymphedema.

## Toronto Review: July 2012

30 therapists from Canada, USA and Singapore attended the Toronto Review at Kikkawa College. Robert Harris led the practical sessions, assisted by Koby Blanchfield and Dr. Towers was the main speaker on Sunday morning. Dr. Towers gave a very interesting report on the International Lymphedema Framework conference held at the end of June in Montpellier France (see report in this issue). She also discussed the obesity epidemic in North America in relation to lymphedema as well as current research,

especially in relation to exercise and lymphedema. Case presentations were given by *Rachelle Wright, RMT* on a patient with primary lymphedema using the Coban 2 compression system; *Petra Norris, RN* on the challenges of treating a large patient with primary lymphedema in the leg; *Michele Snyder, RMT* on a palliative patient who had undergone bilateral mastectomy; *Jana White, CMT* on a palliative patient who had a unilateral mastectomy but a heavy swelling on the opposite arm due to a port insertion; *James Morrow, RMT* on a complex patient with kidney cancer who had undergone extensive abdominal surgery.

## Montreal Review: August 2012

A small French-speaking review was held in Montreal at Kineconcept. The main theory presentations were from *Dr. Anna Towers* of McGill University Health Centre and *Angela Vollmer*, Orthopedic technician. Robert Harris led the practical classes. *Michel Eid, BSc, MT* presented an interesting case of severe primary lymphedema with genital edema.

## Dallas Review: September 2012

We held this year's Dallas Review in conjunction with the NLN conference to save on an extra flight for many participants. The course was held in downtown Dallas at the Magnolia Hotel and their large art-deco ballroom proved to be a big hit with participants for the practical days. Hildegard and Andreas Wittlinger as well as Robert Harris managed the practical sessions. A theory lecture was given by Associate Professor of Medicine, *Dr. Erik Maus* from Texas University, Houston. He discussed his research using indo-cyanine green (ICG) technology to image the lymphatic vessels during MLD treatment. *Dr. Anna Towers* of the Department of Oncology, McGill University, gave a very interactive talk on research presented at the ILF conference in Montpellier, France. She also discussed challenges in lymphedema care, especially regarding obese patients and a review of

research studies on exercise to treat and prevent lymphedema. Some very interesting case presentations were given:



*Andreas Wittlinger - Dallas review*

*Netta Leong PT* on a diabetic patient with below the knee amputation and a non healing skin flap; *Linda Khong PT* on a patient with bilateral lower extremity edema with complications; *Cindi Carter, OT* on complex patients with cellulitis; *Helena Silman - Cohen, PT* on a post mastectomy patient with arm swelling; *Bonnie Lucio PT* on an obese patient with primary lymphedema; *Janice Herr Rowley LMT* on a patient with hand trauma. There were two patients attending also who are being treated by our therapists in Dallas: a 19 month old with a cystic hygroma and a patient with severe lower extremity primary lymphedema. §



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Register for a Review  
in 2013 by visiting  
the Dr. Vodder  
website at [http://  
www.vodderschool.  
com/student/course/  
search/therapist](http://www.vodderschool.com/student/course/search/therapist)

# Congratulations!

## To our newly Certified Therapists!



*Therapy II / III Class in  
Victoria, BC - April 2012*

Leila Power, RMT	Edmonton, AB
Deborah D'Souza, BA RN	Edmonton, AB
Elizabeth Adams, RN LMP	North Vancouver, BC
Samantha Harper, RMT	Vernon, BC
Valerie Goalder, RMT	Smithers, BC
Leah Cameron, RN	Salmon Arm, BC
Carmen Steblin, RMT	Prince George, BC
Tom, Brown, RMT	Duncan, BC
Mieko Rennie, RMT	Anmore, BC
Sarah Podolsky, BA RMT	Victoria, BC
Keiko Ikehata, RPT	Miyazaki, Japan
Hiromi Otsuka, PT	Osaka, Japan
Mingjuan Li, BSc PT	Singapore
Yu Hui Gladys, Teng, BSc OT	Singapore
Cari Gallup, LMT	Lafayette, CO, USA
Annie Ericson, LMT	Westhampton, MA, USA
Ashley Jo Cantrell, LMT	Park City, UT, USA
Brandon Collins, RMT	Park City, UT, USA

Karine Major, PT	Chelsea, QC
Jeannine Capria, RN	Monroe, CT
Lori Foley Green, LMT PTA	Pittsfield, MA
Nina Elliott, LMT	Owings Mills, MD
Marthe Boyd, LMBT	Pittsboro, NC
Allison Brates, LMT	Katonah, NY
Mary Lo, LMT	Flushing, NY
Regina Gausz, LMT	North Wales, PA
Susi Hess, MS PT	Midlothian, VA
Julie Clayton, PTA	Williston, VT



*Therapy II / III Class in  
Stowe, VT - May 2012*



# Congratulations:



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## To our newly Certified Therapists!

### *Therapy II / III Class in Toronto, ON - July 2012* (no photo available)

Kyoung Eun Lee, RMT	Toronto, ON
Reshmi Cain, RMT	Markham, ON
Deanna Gerard	Windsor, ON
Amanda Whiting, RMT	Alviston, ON
Shannon Brown, RMT	Orillia, ON
Joy Gamble, RMT	Thornhill, ON
Christa Nigh, RMT	Kitchener, ON
Natalie Fiore, PTA	Etobicoke, ON
Xuemei (Amy) Dai, RMT	Toronto, ON
Barbara Pilbeam, RMT	Barrie, ON
Kieu-Oanh Nguyen, RMT	Guelph, ON
Lynette MacKinnon, RMT	Kingston, ON
Beata Antonious, RMT	Woodbridge, ON
Celia Rojas, MPT	Toronto, ON
Frances Hay, RMT	Mississauga, ON
Anne Dockendorff, RMT	Orillia, ON
Shanna Yee, RMT	North York, ON
Christy Gibner, PT	Port Elgin, ON
Lana Boudreau, RMT	Barrie, ON
Lauren Kraemer, RMT	Sarnia, ON
Bo Lin (Pauline) Chau	Singapore
Monica Reyes, LMT	Goshen, NY, USA

### *Therapy II / III Class in Montreal, QC - August 2012* (no photo available)

Maude Gagnon, PT	Beresford, NB
Pauline Aganier, MT	Les Coteau, QC
Francoise Comelli, MT	Montreal, QC
Vanessa Dube, MT	Quebec, QC
Suzanne Girard, MT	St-Edouard-deFabre, QC
Melissa LeQuy, PT	Ancienne-lorette, QC
Joanne Shean, MT	Delenge, QC
Pascal Vilair, MT PTA	Grand Mira, QC
Isabelle Girard, MT	Ville-Marie, QC

**Félicitations:  
À nos  
nouveaux  
diplômés!**



*Therapy II / III Class in  
Dallas, TX - September 2012*

Maddalena Howie, RMT	La Salle, ON
Jennifer Stuart, LMT	Fort Smith, AR
Carol Long, OTR/L	San Diego, CA
Kara Christensen, LMT	Freeport, IL
Kara Blackburn, MS CCC-SLP	Duncan, OK
Tiffany Palmisano, DPT PT	Houston, TX
Kimberly Presson, DPT PT	Houston, TX
Holly Boester, PT MPT	Houston, TX
Jana Rothbauer, OTR	Rockwall, TX
Julia Schulenburg, RN NMD	Dallas, TX
Katie Gibbs, BS LMT	The Woodlands, TX
Lesley Driskell, OTR	Arlington, TX
Amy Christner, PT	Murphy, TX
Richard Maas, LMT	Lewisville, TX

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## Articles

**A Systematic Review of the Evidence for Complete Decongestive Therapy in the Treatment of Lymphedema from 2004 to 2011.** B. Lasinski,<sup>1</sup> K. Thrift,<sup>2</sup> D. Squire,<sup>3</sup> M. Austin,<sup>4</sup> K. Smith,<sup>4</sup> A. Wanchai,<sup>4</sup> J. Green,<sup>4</sup> B. Stewart,<sup>4</sup> J. Cormier,<sup>5</sup> J. Armer<sup>4</sup>. 2012. A Systematic Review of the Evidence

for Complete Decongestive Therapy in the Treatment of Lymphedema from 2004 to 2011. Am J Physical Medicine & Rehabilitation (8/2012). This is part of a big project by the American Lymphedema Framework who have now published several articles. See <http://alfp.org/> §

## Conferences 2012/2013

### CLF Meetings:

October 26, 2012, Toronto, ON, Canada.

[www.canadalymph.ca](http://www.canadalymph.ca)

### Lymphedema Association of Ontario annual Lymphedema Conference:

October 27, 2012, Toronto, ON, Canada.

[www.lymphontario.ca](http://www.lymphontario.ca)

### Australasian Lymphology Association (ALA) annual conference:

May 2013, New Zealand.

<http://www.lymphoedema.org.au/>

### International Society of Lymphology World Congress:

September 16 – 20, 2013, Rome, Italy.

[www.lymphology2013.com](http://www.lymphology2013.com) §

## Reviews 2013

*Please register early. Space is limited.*

For more information contact [info@vodderschool.com](mailto:info@vodderschool.com)

**St. Pete Beach FL** - January 25 to 27, 2013

**Victoria, BC** - April 20 to 22, 2013

**Stowe, VT** - May 17 to 19, 2013

**Toronto, ON** - June 21 to 23, 2013

**Winnipeg, MB** - June 28 to 30, 2013

**Montreal, QC** - August 23 to 25, 2013 (French)

**Halifax, NS** - August 28 to 30, 2013

**Scottsdale, AZ** - September 27 to 29, 2013 §

## LANA Exam

Beginning January 01, 2013, LANA plans to have continual accessibility to it's exam. LANA also plans to waive the 1 year waiting period for recent graduates. They have dropped the A & P college requirement for massage therapists who have

graduated from a minimum 2200 hour therapy training program.

Please visit the LANA website for more information.

[www.clt-lana.org](http://www.clt-lana.org) §





# 2013 Reviews Courses

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- Stay abreast of the changes in MLD and CDT as well as the field of lymphology.
- Update and renew your MLD, bandaging and treatment skills and update your theory.
- Share your experiences with your colleagues and network with therapists.
- Update on the latest research in Lymphology and the treatment of lymphedema.
- Class size may be limited, so please register now.

*"Just finished my first review in Stowe, VT. It was worth every penny. Already looking forward to the next one. Thanks to Robert and Professor Wittlinger. It was a wonderful experience meeting all the other MLD therapists."*  
BM, 2012, FL

*"I have a new job now, only treating lymphedema. Thanks to my Vodder background, they offered me a terrific salary."* Stowe, VT (2012) GH. Windsor CT.

*"I had such a wonderful experience this past weekend at the Review class. Thank you for an excellent recertification course. I feel very renewed in my work and find I am taking more time with my strokes and paying more attention to my hands."* Scottsdale, AZ (2011)  
Katie Hughes, MA, OTR/L, CLT-LANA, CKTP,

## **St. Pete Beach, FL – January 25, 26 & 27, 2013**

*Join Robert and Hildegard in St. Pete Beach at the Dolphin Beach Resort*  
Guest presenters to be announced

## **Victoria, BC – April 20, 21 & 22, 2013**

*Join Robert in Victoria at Chateau Victoria hotel*  
Guest presenters to be announced

## **Stowe, VT – May 17, 18 & 19, 2013**

*Join Robert and Hildegard in Stowe at the Golden Eagle Resort*  
Guest presenters to be announced

## **Toronto, ON – June 21, 22 & 23, 2013**

*Join Robert in Toronto at Kikkawa College*  
Guest presenters to be announced

## **Winnipeg, MB – June 28, 29 & 30, 2013**

*Join Robert in Winnipeg*  
Guest presenters to be announced

## **Halifax, NS – August 28, 29 & 30, 2013**

*Join Robert in Halifax*  
Guest presenters to be announced

## **Scottsdale, AZ – September 27, 28 & 29, 2013**

*Join Robert in Scottsdale at Virginia G. Piper Cancer Center*  
Guest presenter will be Mike Bernas

*For courses in; St. Pete Beach, FL; Victoria, BC; Stowe, VT; Toronto, ON; Winnipeg, MB; Halifax, NS; or Scottsdale, AZ please send your completed application and deposit to:*

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# 2013 Advanced Courses

## The Conscious Clinician

Behavioral Management and Integrative Practice in Lymphedema Rehabilitation

**St. Pete Beach, FL – January 24, 2013**

from 8.00am to 5.30pm

Advance your practice in the evaluation and treatment of the complex lymphedema patient. We will discuss various principles of practice of the master clinician, such as identifying and working with behavioral limitations, and developing an integrative approach. Labs will include experiential practice of concepts. Case studies will be presented to facilitate effective treatment planning. This is an interactive course that will provide lecture, discussion, and experiential activities to encourage participants to integrate this information into personal development as well as treatment planning and execution. **Instructed by Sara A. Nelson, PT, MOMT, CHT, CLT-LANA and certified Dr. Vodder School therapist**

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## ADVANCED CREATIVE BANDAGING

***Still working on 2013 dates***

from 1:30 pm to 7:30 pm

This course shows the application of multi-layered bandaging for people with lymphedema and other types of edema requires patience, skill and knowledge of the products. In this 8 hour workshop, emphasis will be placed on identification of products and how to use them. By knowing what is available, the practitioner can become creative in applying these products. Through group interaction, therapists will be encouraged to share experiences in how they have adapted the bandaging materials for difficult cases in their clinical settings. **Instructed by Renee Romero RN, BSN, MS, LMT is an adult educator and certified Dr. Vodder School therapist.**

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Please Note: **The courses will be confirmed at least one month prior to the start date. This will depend on the number of students who have registered with us. All courses have a limited number of places and your place can only be confirmed after we receive the completed application form and deposit. We organize sufficient teachers, based on the number of confirmed applicants.**

*For courses in; St. Pete Beach, FL; Victoria, BC; Stowe, VT; Toronto, ON; Winnipeg, MB; Halifax, NS; or Scottsdale, AZ please send your completed application and deposit to:*

# APPLICATION FORM

## FOR TRAINING IN DR. VODDER'S MANUAL LYMPH DRAINAGE:

(PLEASE USE LARGE CLEAR BLOCK LETTERS / NUMBERS)

STATE/PROVINCE LICENSE # \_\_\_\_\_

Title: Ms. / Mrs. / Mr. / Dr. NAME: \_\_\_\_\_

HOME Address: \_\_\_\_\_

City: \_\_\_\_\_ Province/State: \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_ Country: \_\_\_\_\_

WORK Address: \_\_\_\_\_

City: \_\_\_\_\_ Province/State: \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_ Country: \_\_\_\_\_

Phone #(s): Home: \_\_\_\_\_ Business: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

### QUALIFICATIONS (PLEASE CHECK BOX):

☐ PT ☐ PTA ☐ OT ☐ COTA ☐ MD ☐ LMT ☐ RMT ☐ CMT ☐ MT ☐ RN ☐ LPN ☐ DC ☐ LAc

Other: \_\_\_\_\_

COURSE(S) I AM REGISTERING FOR (please check course location and write course(s) and dates on lines provided):

LOCATION: \_\_\_\_\_ DATE: \_\_\_\_\_

COURSE (S) : ☐ REVIEW ☐ CONSCIOUS CLINICIAN ☐ ADVANCED CREATIVE BANDAGING

#### ► REVIEW FEES: • \$490 USD OR CAD;

**BC**, ADD 12% HST (\$548.80); **ON**, ADD 13% HST (\$553.70); **MB**, ADD 5% GST (\$514.50); **NS**, ADD 15% HST (\$563.50)

IF FULL PAYMENT IS RECEIVED 30 DAYS BEFORE START OF CLASS THE COST OF THE COURSE IS; • \$465 USD OR CAD;

**BC**, ADD 12% HST (\$520.80); **ON**, ADD 13% HST (\$525.45); **MB**, ADD 5% GST (\$488.25); **NS**, ADD 15% HST (\$534.75)

#### ► CONSCIOUS CLINICIAN & ADVANCED CREATIVE BANDAGING FEES:

• IN **USA** \$250 USD OR **CND**; IN **BC**, ADD 12% HST (\$280); IN **ON**, ADD 13% HST (\$282.50)

IF FULL PAYMENT IS RECEIVED 30 DAYS BEFORE START OF CLASS THE COST OF THE COURSE IS;

• IN **USA** \$225 USD OR **CND**; IN **BC**, ADD 12% HST (\$252); IN **ON**, ADD 13% HST (\$254.25)

BRINGING A MESSAGE TABLE (\$25 REFUND IF TABLE IS REQUIRED): ☐ YES ☐ NO

PAYMENT ENCLOSED: \$ \_\_\_\_\_

Visa/MasterCard #: \_\_\_\_\_ Expiry: \_\_\_\_\_

Please make check payable to Dr. Vodder School International Check# \_\_\_\_\_

**Deposit of \$100.00 for each course you are registering for is required to confirm a space and is non-refundable 30 days prior to start of course. Receipt will be given at the end of the course.**

*A \$50 administration fee will be charged for cancellation/changes.*

**Cancellation of this class will only be received in writing. Please send your cancellation by email to the Dr. Vodder School at [info@vodderschool.com](mailto:info@vodderschool.com) Please note that we do not accept cancellation by phone or phone message.**

I HEREBY STATE THAT THE ABOVE INFORMATION IS TRUE AND CORRECT IN ALL ASPECTS.

Signed: \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

*The information you have provided to us voluntarily will be stored safely and in compliance with Privacy Policy regulations.*

*If you wish to view our Privacy Policy, please contact us or visit our web site at [www.vodderschool.com](http://www.vodderschool.com)*

### ADMINISTRATOR USE ONLY:

DATE RECEIVED PAYMENT: \_\_\_\_\_ DATE DEPOSITED: \_\_\_\_\_ AMOUNT RECEIVED: \$ \_\_\_\_\_

PAID BY: Visa / MasterCard/ Cheque/ Cash / MO #: \_\_\_\_\_ EXPIRY DATE: \_\_\_\_\_

DATE RECEIVED PAYMENT: \_\_\_\_\_ DATE DEPOSITED: \_\_\_\_\_ AMOUNT RECEIVED: \$ \_\_\_\_\_

PAID BY: Visa / MasterCard/ Cheque/ Cash / MO #: \_\_\_\_\_ EXPIRY DATE: \_\_\_\_\_

NOTES:

Dr. Vodder School International

PO Box 5121, Victoria, BC, Canada V8R 6N4

Tel.: (250) 598-9862

Fax: (250) 598-9841

E-Mail: [info@vodderschool.com](mailto:info@vodderschool.com)





**Dr. Vodder School™**  
**INTERNATIONAL**  
Authorized by the original Dr. Vodder Schule - Austria

# *DVDs, Books & CD Roms*

## **PRODUCT AND PRICE INFORMATION**

### DVDs

### US\$ OR CDN\$

Dr. Vodder Method of MLD	\$20
Arm Lymphedema – Exercise	\$25
Leg Lymphedema - Exercise	\$25
<i>Two or more - Exercise DVDs (each)</i>	<i>\$20</i>
Compression Bandaging for Therapists	\$55
Self-Bandaging – Arm for Patients	\$25
Self-Bandaging – Leg for Patients	\$25
<i>Buy Two or More Self-Bandaging DVDs (each)</i>	<i>\$20</i>
<i>Special Purchase for all three Bandaging DVDs</i>	<i>\$90</i>
Basic Body	\$55
Special Techniques	\$55
Edema Techniques	\$55

### BOOKS

Dr. Vodder's Manual Lymph Drainage: A Practical Guide	\$74.99
Compendium of Dr. Vodder's Manual Lymph Drainage	\$49
Lymphedema Diagnosis and Therapy*	\$69

### Lecture Notes

Basic & Therapy I Notes	\$25
Therapy II&III Notes	\$25

### VITAL ESSENCE CD ROMS

Vital Essence (Health Care Practitioners)	\$80
Vital Essence (Patients)	\$65

Applicable taxes and shipping & handling will be added to orders.

**FOR DESCRIPTIONS AND TO ORDER THE PRODUCTS PLEASE VISIT OUR WEBSITE AT**

**[WWW.VODDERSCHOOL.COM](http://WWW.VODDERSCHOOL.COM)**

**IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT THE OFFICE AT THE PHONE OR EMAIL BELOW.**

Dr. Vodder School International, PO Box 5121, Victoria, BC, V8R 6N4, Canada  
Tel: (250) 598-9862    Toll free (800) 522-9862    Fax: (250) 598-9841  
E-mail: [info@vodderschool.com](mailto:info@vodderschool.com)

Rev 07/31/12