

# THERAPY NEWS

VOLUME 7 ISSUE 1

FEBRUARY 2004

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## Editorial

Robert Harris, HND, RMT, CLT-LANA

Welcome to the 10<sup>th</sup> year of the Dr. Vodder School and the 7<sup>th</sup> year of Therapy News. The North American School was founded in 1994, in close cooperation with the only other Dr. Vodder School, in Austria. We have seen a tremendous growth in interest, training and certified therapists over this time. As we approach 1000 certified therapists trained through the Dr. Vodder School, it is great to see new energy and ideas coming into the School. As seen at the Review

## Our Tenth Year!

courses, our therapists are doing a great job of patient care, maintaining very high standards and finding innovative ways of using MLD. We also have some great teachers amongst our faculty and we are very pleased to welcome our new medical Director, Dr. Melanie Wohlgenannt. We also welcome Dr. Georg Kettenhuber as clinical director of the Dr. Vodder Schule clinic in Austria. §

## Melanie Wohlgenannt, MD, MPH medical director of Dr. Vodder Schools



Dr. Melanie Wohlgenannt is the current medical director of the Dr. Vodder Schools and resides in Innsbruck, Austria. Only a few of the English-speaking therapists have met her so far as she took up the directorship of the Dr. Vodder schools in July 03. However she has taught many classes already, averaging about 26 per year.

Her first class in English was at the Therapy II and III in Adelaide, Australia in 2003 and she lectured most recently at the Review in Dallas in January 2004, primarily on the psychosocial impact of lymphedema. The Therapy II and III class in Dallas also enjoyed her lectures.

Dr. Wohlgenannt grew up in the Vorarlberg region of western Austria, close to the Rhine River. As a child she often played in the forests nearby and it is there that her grandmother and mother introduced her to herbs. This has remained a life-long interest and she is using this knowledge today with her lymphedema patients in Austria. She is planning a study with the Charité foundation in Berlin to examine the effectiveness of herbal remedies with lymphedema patients.

Complimentary medicine and travel have always been of interest to Dr. Wohlgenannt. In 1992 she studied acupuncture and auriculotherapy including studies in Sri Lanka with Dr. Anthony Yassuriya as well as the Boltzmann Institute in Vienna, Austria. She studied Traditional Medical Massage in Thailand in 1990 while still training in medicine at Innsbruck University. After graduating as a medical doctor in 1992, Dr. Wohlgenannt took a diploma course in Community

Health. This was followed by a Master's degree in Public Health at Monash University, Melbourne, Australia in 2000. She has a special interest in women's issues and lectures at Innsbruck University in Public Health. Her plans include completing a degree in Traditional Chinese medicine.

In the field of Lymphology, Dr. Wohlgenannt has taken a course for physicians in Lymphology as well as the four week training program at Walchsee, Austria and in Nürnberg, Germany with Prof. Hutzschenreuter. She is a certified MLD Theory teacher as well as an MLD therapist. Her special interests in this field are in psycho-oncology, integrative medical approaches to treating individuals in a holistic manner, and the use of herbs in lymphedema treatment. She is also interested in treating many other conditions with MLD, including gynecological disorders, hormonal imbalances and conservative pain management.

When asked recently what she felt was unique about the Dr. Vodder training program, Dr. Wohlgenannt talked about the uniqueness of our touch and the truly empowering feeling that it gives to our patients. Using an integrative approach, she feels that we can truly be leading-edge therapists. Dr. Wohlgenannt brings new ideas and approaches to treatment to the Dr. Vodder School training and we hope that you all will have an opportunity to meet her in the near future.



Dr. Wohlgenannt can be contacted at:  
[m.wohlgenannt@wittlinger-therapiezentrum.com](mailto:m.wohlgenannt@wittlinger-therapiezentrum.com) §



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*"MLD and bandaging  
cause a significant  
reduction of this pressure  
inside the lymph  
capillaries of patients  
with lymphedema."*

## International Society of Lymphology (ISL) Congress Freiburg, Germany September 01 - 06, 2003—Robert Harris

This major congress was packed with presentations and workshops over the first week of September. I estimate about 500 people attended and often there were four different presentation sessions occurring simultaneously. It was difficult to choose at times which lecture to go to. The Dr. Vodder Schule - Walchsee and Dr. Vodder School - North America had a joint exhibit stand which was well visited while Hildegard and I managed it. I have included below some of the presentations I found interesting. Prof. Neil Pillar and I presented the latest results of our research in Australia proving the efficacy of the Vodder method of MLD on fluid movement.

### **Lymphatic microcirculation and intralymphatic pressure**

Using an extremely fine cannula (fine glass needle), Prof. Franzeck, of the University Hospital, Zurich, Switzerland, has been able to measure intralymphatic capillary pressure (ILP). He also found that this ILP is about 1.5 mm/Hg lower than interstitial fluid pressure. On average ILP is normally 0 - 10 mm/Hg but in primary lymphedema, can rise to 15 - 20 mm/Hg. He was able to show that MLD and bandaging cause a significant reduction of this pressure inside the lymph capillaries of patients with lymphedema. Before CDT, he found a pressure of 12 mm/Hg. After phase 1 of CDT, this dropped to 6 mm/Hg and after phase 2, down to 2.5 mm/Hg

### **Effect of MLD on Cerebrospinal fluid (CSF)**

Working with severe head injury patients that do not have intracranial bleeding, Prof. Leudemann of the International Neuroscience Institute in Hannover, Germany has identified a significant relationship between MLD and intracranial pressure. Within 15 - 30 minutes of MLD to the neck, face and intraoral, he was able to show a significant decrease in pressure.

### **Lymphatic connection to CSF**

Prof. Miles Johnson of the University of Toronto, Canada presented his interesting work on the role of extracranial lymph vessels in CSF transport. The majority

of cranial lymph transport occurs through the cribiform plate in the skull into lymph vessels. The majority of these are located in the nasal submucosa. He is investigating the pathogenesis of hydrocephalus in relation to these drainage pathways.



Dr. Kettenhuber and Prof. Wittlinger  
at the ISL Congress

### **Wounds**

The process of new lymph vessel formation in wounds was presented by Prof. Eliska of the University of Prague, Czech Republic. He has used dog models to show that wound granulation tissue is invaded by new lymph vessels, but only just beyond the border of the wound. There are no lymph vessels in most of the granulation tissue. As the wounds contract, it brings the unconnected ends of the lymph vessels together which then connect.

### **Inflammation and the lymph system**

There was a considerable amount of discussion about inflammation and the role the lymph system plays. Prof. Taylor, of the University of Alabama, USA, described how T lymphocytes adhere to the endothelial cells during inflammation (he investigated this in lung endothelium that had undergone ischemia or poor blood supply). Prof. Ryan, of the University of Oxford, England, stated that epithelial cell damage, stimulates an immune response that requires the lymph system to modulate it. Prof. Olszewski, of

the Polish Academy of Sciences, gave several lectures on this topic. He described how inflammation is a natural consequence of lymph stasis, which in turn leads to fibrosis and counteracts lymphangiogenesis.

### **Vascular Endothelial Growth Factor (VEGF-C) and lymphangiogenesis**

In experiments on mice, it has now been shown that VEGF-C causes new vessels to grow. Prof. Karkainen, of the University of Helsinki in Finland, indicated that trials may soon begin using VEGF-C in patients with secondary lymphedema and eventually those with primary lymphedema.

*Processing for the 19th International Congress of Lymphology (Lymphology 37 (suppl, 2004) can be ordered for \$120 US from: Medical Center of Lymphology, Roesslehofweg 2-6, 79856 Hinterartzen, Germany. §*

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# Privacy Policy of Dr. Vodder School

We are very interested in protecting the personal information we gather in the course of doing business. We have a number of safeguards in place to ensure that information you voluntarily provided us, is not misused. In particular we want to assure you that your information is not given or sold to other companies unrelated to the Dr. Vodder School. In compliance with a

new federal Personal Information Protection Act, the Dr. Vodder School has developed a Privacy Policy. An abridged version of this can be seen on our web site at [www.vodderschool.com](http://www.vodderschool.com), and please contact us if you would like to obtain further information. Please address your email on this matter to [privacy@vodderschool.com](mailto:privacy@vodderschool.com). §



## Review Reports

### San Diego Review

The September, 2003 Review was attended by 30 therapists. Challenging case presentations were made by several therapists and as always, much discussion and problem-solving ensued. Jane Aitken, OTR, presented on a morbidly obese and edematous patient who had undergone knee surgery, had chronic open wounds, and had recurrent cellulitis. Aileen Walton, OTR, presented on a patient who developed Bell's Palsy following a nephrectomy and subsequent viral infection. Joanne Matz, OTR, presented on a bilateral primary lymphedema patient with multiple cellulitis attacks. She also discussed a patient with Ahlers-Danlos syndrome, an inherited connective tissue disorder. Nancy Ziegler, PT, presented on a case of upper extremity lymphedema with brachial plexus nerve involvement and a complication of a thrombus in the brachial vein. Fred Vallejo, PT, discussed the treatment of a patient who developed edema subsequent to poison sumac exposure. Joan Shaplin, PT, gave an interesting presentation on the challenges of treating a patient subsequent to neck and chest irradiation and the use of the Solaris compression products. Carla Pickering, PTA, presented a short television news segment about a morbidly obese and edematous patient. In addition to the case presentations, two patients attended a problem-solving workshop for group discussions about their cases. Both patients had undergone radical hysterectomies with subsequent edema and complications. Options for assessment and treatment were discussed as a group.

drome. Amy Ewell, PT and Vail Fassett, OTR, presented cases of a 9 week old baby with venous-lymphatic malformations and a 6 year old girl with facial edema who had undergone several surgeries to reduce tissue mass. Linda Oppel, PT, presented a case of a 14 month old baby with facial lymphatic malformations. Amber Estrello, RMT, presented a remarkable case of the treatment of a bilateral leg edema patient over the period of a year, which reduced dramatically so that the patient could walk again. Initial weight of this patient was over 500 lbs. Liz Olivas, LMT, gave a short presentation on Support Groups as an Educational Tool. We were delighted to have patient volunteers, including infant and child patients, attend the Reviews for problem solving sessions amongst therapists. The lunchtime discussion groups also proved popular. §



Andreas Wittlinger, PT, leading an aquatic therapy class at the Dallas Review.



Dr. Wohlgennant lecturing at the Review classes.

*"At the September, 2003 Review, challenging case presentations were made by several therapists and as always, much discussion and problem-solving ensued."*

### Dallas Review

Dallas was a popular venue for the Review in January 2004, so we added a second Review to accommodate everyone. The Reviews followed the NAVALT AMM and annual conference, and many therapists were pleased to be able to attend both events. In total, 76 therapists recertified in Dallas with concurrent Advanced Creative Bandaging and Kinesio Taping courses. Andreas Wittlinger, PT, led classes in aquatic therapy for lymphedema patients, and Hildegard Wittlinger and Robert Harris hosted Q&A time for problem cases. We held a joint theory session for both Reviews on the Sunday morning (Feb 01) and had some excellent case presentations by therapists. Eddi Honderick, PT, presented on a case of misdiagnosed Charcot joint. Suzette Driggers, OMD, presented on a case of facial hematoma. Tori Bauer, PT, presented a 38 week old baby with a myelomangiocyte and myelomangiocyte in the thoraco-lumbar region. She also presented a 4 week old baby with Klippel Trenaunay syn-

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# Congrats to our New Therapists:

## Devon, England (October 2003) Therapy II & III

Fiona Chapman, MT	Newbury, Berkshire, England
Bibi Hope, MT	Newbury, Berkshire, England
Lorraine Horton, MT	Birmingham, West Midlands, England
Margaret Hutchins, MT	Sandhurst, Berkshire, England
Nicole Kemp, MT	Richmond, Surrey, England
Sally Anne Notley, MT	Leeds, West Yorkshire, England
Anne O'Donnell, MT	South Ascot, Berkshire, England
Tanga Okondo-Totterdell, MT	Redhill, Surrey, England
Deborah Payton, MT	Stevenage, Hertfordshire, England
Heather Powell, MT	Birmingham, West Midlands, England
Anne Willis, MT	Lowestoft, Suffolk, England
Julie Cole, ND, BSc	Dublin, Co. Dublin, Ireland
Clare Horgan, RN, MT	Dubli, Co. Dublin, Ireland
Anjana Shah, PT	Plano, TX, USA
Janet Thomson, RN, BSc	Cardiff, Gwent, Wales



## Victoria, BC (November 2003) Therapy II & III

Martin Williams, RMT	White Rock, BC, Canada
Chantale Ambrosi, LMT	Winnipeg, MB, Canada
Leah Warner, MT	Dartmouth, NS, Canada
Leona DiCasmirro, BSc PT	Thunder Bay, ON, Canada
Chrystal Anne Relf, RMT	Woodbridge, ON, Canada
Elvira Cuevas-Bausone, CMT	Mexico City, Mexico
Lisa Nelson, LMT	Anchorage, AK, USA
Corrine Hatt, PT	Berkeley, CA, USA
Karen Zirkle, PT	Redlands, CA, USA
Julia Osborne, PT	Littleton, CO, USA
Nola Eddy, OTR/L	South Glastonbury, CT, USA
Krystle Shapiro, LMT, BA	Sandpoint, ID, USA
Tricia Lynn Saylor, PT	Peoria, IL, USA
Sarah Campbell, LMT	Syracuse, NY, USA
Holly de Niord Frasier, CMT	Charlottesville, VA, USA
Susan Pullen Spencer, CMT	Stanardsville, VA, USA
LaWana Matthews, LMT	Medical Lake, WA, USA
Jane Sereda, BSc, LMP	Richland, WA, USA



**Congratulations to** Peyton and Gwendolyn Smith for the completion of their certification in November of 2003 and to Zoe Chakiris for completion in February 2004.

## First Therapy II & III in Tokyo, Japan (November 2003)

Mayumi Hosoda, MT	Kobe-shi, Hyogo, Japan
Ayumi Ito, RN	Tokyo, Tokyo, Japan
Masako Matsumoto, MT	Sagamiono, Sagamihara, Kanagawa, Japan
Takako Sakato, MT	Matsumoto City, Nagano, Japan
Yumiko Taguri, MT	Nagasaki City, Nagasaki, Japan
Minako Takara, RN	Okinawa City, Okinawa, Japan
Eiko Takase, RN	Hita City, Oitaken, Japan
Keiko Tanaka, RN	Nagoya City, Aichi-ken, Japan
Eri Yagihashi, RN	Saitama City, Saitama, Japan



### At the end of November, 2003,

the Dr. Vodder School held its first Therapy II and III class in Tokyo. Nine students completed their training with Robert Harris and Dr. Wohlgennant. It was especially challenging as a translator was required for the whole training, although she did a very good job of simultaneously translating the lecture material. The nine therapists join several other Japanese therapists who have taken their training outside Japan.



## Dallas (February 2004) Therapy II & III

Michelle Cole, OTR/L	Gilbert, AZ, USA
Kathy McCormick, OTR/L	Phoenix, AZ, USA
Janice Alexander, PT	Fremont, CA, USA
Robert Jones, CMT	Bloomington, IL, USA
Diana Becchina, LMT	Lee's Summit, MO, USA
Debra Albrecht, PT	Raleigh, NC, USA
Maureen Gies, PT	Raleigh, NC, USA
Phyllis Hayden, OTR/L, MS	Raleigh, NC, USA
Norma Kresse, LMT, LAc	Nesconset, NY, USA
Patsy Haner, PTA, RMT	Amarillo, TX, USA
Miraflor Pfister, PT	Carrollton, TX, USA
Maggie Manthey, OTR	Dallas, TX, USA
(Dee) Dyonne Bentz, RMT	Hockley, TX, USA
Cindy House, RMT	Houston, TX, USA
Shelly Luebbers Ryan, PT	Lewisville, TX, USA
Kathleen Thibodeaux Haslam, PT	Longview, TX, USA
Komal Ohri, OTR	Richardson, TX, USA
(Carrie) Carolyn Anne Bridges, PT	Sugarland, TX, USA
Judy C. Hubbard, RMT, Esth	Tomball, TX, USA
Sharon Walker, LMP	Bremerton, WA, USA



## New Class: Advanced Neck and Face

In Stowe Vermont, after the Review, we are offering a three day Advanced Neck and Face class with Prof. Hildegard Wittlinger from Tuesday June 8–Thursday June 10. This class is designed for estheticians, but also available to therapists interested in applications for pre and post

plastic surgery, dermatological indications and more. Please contact the office at [info@vodderschool.com](mailto:info@vodderschool.com) or (250) 598-9862 for further information.



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## Administration



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## Articles:

**Deutsch, M, Flickenger, J.C:** Arm Edema after Lumpectomy and Breast Irradiation. *Am. J. Clin. Oncol. (CCT)*, 26 (3): 229 – 231, 2003.

A prospective study of arm edema in 265 patients over a six month period who had undergone radiotherapy after lumpectomy with or without axillary node dissection. An incidence of 7.2% was observed with a significant influence of weight and use of tamoxifen identified.

**Carati CJ, Anderson SN, Gannon BJ, Piller NB:** Treatment of postmastectomy lymphedema with low-level laser therapy: A double blind, placebo-

controlled trial (p 1114-1122) Published Online: 1 Aug 2003 <http://www3.interscience.wiley.com/cgi-bin/abstract/104550899/ABSTRACT>.

This study describes the results of a double blind, placebo-controlled, randomized, single crossover trial of the treatment of patients with postmastectomy lymphedema, using low-level laser therapy. Two cycles of laser treatment were found to significantly reduce affected limb volume, extracellular fluid, and tissue hardness in approximately 33% of participants 3 months after treatment. This result was significantly better than that achieved with one cycle of treatment, which was found to be no better than placebo. §

## Conferences

**Australasian Lymphology Association Conference,** March 26–28, 2004, Brisbane, Queensland, Australia. Contact: [www.lymphology.asn.au](http://www.lymphology.asn.au) or call (07) 3634-9999

**German Society of Lymphology and Society for Dr. Vodder's MLD,** September 30–October 02, 2004. Contact: [www.dglympht@t-onlibe.de](mailto:www.dglympht@t-onlibe.de)

**National Lymphedema Network Conference,** October 21–24, 2004, Reno, NV, USA. Contact: [www.lymphnet.org](http://www.lymphnet.org) or call (510) 208-3200

**World Breast Cancer Conference,** June 8–12, 2005,

Halifax, NS, Canada.

Contact: [www.worldbreastcancerconf.ca](http://www.worldbreastcancerconf.ca) or call (877) 811-9222

**International Society of Lymphology Congress,** September 26-30, 2005, Salvador, Bahia, Brazil. Contact: [lymphology2005@aol.com](mailto:lymphology2005@aol.com)

**Lymphology Association of North America (LANA) exams,** April 19–May 08, 2004 and September 27–October 16, 2004. Please visit the web site at [www.clt-lana.org](http://www.clt-lana.org) for more information §

## Reviews 2004 and Guest Speakers

**Adelaide, S. Australia:**

April 23-25: Profs. Piller and Wittlinger.

**Stowe, VT:**

June 04-06: Profs. Weissleder and Wittlinger.

**Walchsee, Austria:**

July 12–16: Prof. Wittlinger and Dr. Wohlgennant.

**Victoria, BC:**

July 30–August 01: Profs. Weissleder, Prof. Wittlinger, Dr. Ballicu (Jobst president), and Angela Vollmer

**Virginia Beach, VA:**

September 19-21: Prof. Wittlinger and Dr. Wohlgenant. §

## Seeking Employment

Elva Ramirez, RN, RMT and MLD Therapist  
Home: (979) 848-3827  
Cell: (979) 997-0119

301 Cannan Dr. Apt. 706  
Angleton  
TX 77515 §

## Seeking Employee

PT or PTA with CDT training and/or certification for lymphedema population. Per diem/part time-flexible hours. Rural setting that is easily accessible from Hartford, Waterbury, New Haven, and Danbury, Connecticut. Fax cover letter and resume to (203) 758-0443.

Vodder MLD certified PT wanted for full-time posi-

tion in South Charleston and West Virginia. Salary, bonus, and benefits. Please contact Shawn Lanier, Administrator, Fluid Motion Physical Therapy  
Phone: (304) 766-0757  
Fax: (304) 766-0758  
Email: [shawn@wvfluidmotionpt.com](mailto:shawn@wvfluidmotionpt.com)  
Web: [www.wvfluidmotionpt.com](http://www.wvfluidmotionpt.com) §

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