



# Therapy News

**Dr. Vodder School  
- North America**

Volume IV  
September 2001

## Editorial

The events of the past month in the USA have shocked us all and brought us closer together. I especially have thought about the impact on our therapists who live near these places and hope that you have found support to cope with this tragedy. Concerned therapists around the world have contacted us and please know that our thoughts are with you.

This Therapy News will focus on the work of Ian Soles in Cambodia. There is also information on finding the articles you need, an update on radiation therapy from Dr. Jan Lim, and news from The ISL conference in Italy. Congratulations to Shannon (our administrator) and Lyle on their wedding in June. Regards,  
**Robert Harris, Director**



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## Cambodia Experience

I never dreamed that working on an MLD client would take me half way around the world. One day at our clinic in Edmonton I was visited by a woman (we will call her Jesse) with bi-lateral lymphoedema caused by a double radical mastectomy. I was expecting to have to schedule her for a series of treatments when I discovered that she was leaving the next morning to join her family in Phnom Penh, Cambodia.

It turns out that Jesse was diagnosed with breast cancer while working for an international aid agency in Africa. She was flown to Toronto for surgery, radiation, chemotherapy, and MLD treatment. While in Toronto her family moved to Cambodia as her husband took a job as the CEO of an International Aid Agency in Phnom Penh. Our session in Edmonton consisted primarily of determining methods that Jesse could use to manage her LE in a country with virtually no medical health system, let alone an MLD therapist, temperatures of 38 - 40 degrees Celsius, and 90 - 100 percentage humidity. In addition, her LE was already significant and



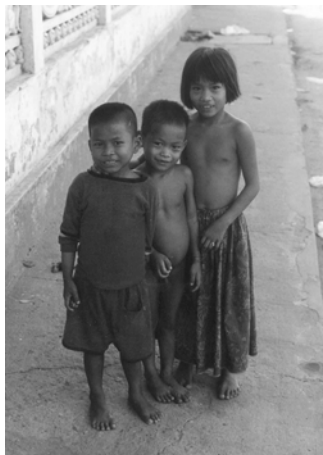
she still faced a 30 hour trip to Cambodia. After a couple of days I contacted a friend of Jesse's in Edmonton to enquire about Jesse's health after the trip. I was given an e-mail address to contact Jesse directly. I found out that her LE was worse, and that the compression sleeve she had worn had cut into her upper arms during the flights. The sleeve had a narrow plastic ring around the top to hold up the sleeve but in addition to supporting the sleeve it also cut into her arm resulting in open wounds on the lymphoedematous limbs. Over the internet I advised Jesse on LE exercises and tried to train her housekeeper on how to drain and short stretch bandage

Jesse's arms. This did not prove effective as MLD strokes and bandaging techniques are difficult enough to learn for any of us, let alone over the internet by an untrained individual. Jesse's lateral chest regions were now beginning to swell as well. A few days later Jesse e-mailed me an invitation to fly at her expense to Phnom Penh to get her LE under control. Had Jesse worked for an oil company or something else I would have





## Cambodia Experience cont.



*"That option seemed too high a price for lymphoedema to exact."*

said people have choices where they live in this world, but for Jesse and her husband to do their work they need to live in countries such as Cambodia. It seemed to me that if people such as myself were unwilling to help they would have to return to Canada and stop assisting people in developing countries. That option seemed too high a price for lymphoedema to exact. I agreed to fly over within two weeks of the invitation and attempt to help her.

Arriving in Cambodia in late April 2000 I found a country that had everything a LE patient would not want. Extreme heat, humidity, poverty, and a lack of western medical facilities and services. The treatment plan we followed for the next seven days while I was in Phnom Penh included twice a day LE treatments, early morning and after dinner, including short stretch

bandaging, restricted outings during cooler times of the day, daily swim sessions, and arm edema exercises. I also trained Jesse's housekeeper to perform the Vodder bilateral arm edema and chest protocol so that she could continue to provide MLD treatments at least 3 times per week after I left Cambodia.

The strategy proved effective as Jesse's arm size was brought down to normal while I was in Phnom Penh. Her housekeeper was able to maintain the LE level in Jesse's arms and chest after I left. Jesse and her family continued to live in Phnom Penh until May of 2001. Since then they have moved to the Philippines where they continue to do humanitarian work. Jesse visited me in Edmonton this past June. Her arms and chest continue to be fine.

**Ian Soles, RMT, Edmonton, AB.**

## How to search for articles online



<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed>

PubMed is probably the best internet search tool available and is produced by the US National Library of Medicine. Using this search tool you can search by Author, Journal name, Topic etc. Not every published article is listed here but many are, if they have been printed in reputable journals. For example, I typed in the words Manual Lymph Drainage in the search box and it brought up 69 listings of articles ranging in date from 2001 to 1971 and listed in chronological order. Have a look, as you will be surprised at what you can find here. The specific URL to go to is <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed> and this will bring you to the search page.

Here is one example of an article that would be of interest to many of our therapists and it comes with an English summary:

**Haren K, Backman C, Wiberg M: Effect of manual lymph drainage as described by Vodder on oedema of the hand after fracture of the distal radius: a prospec-**

**tive clinical study.**  
*Scand J Plast Reconstr Surg Hand Surg*  
2000 Dec;34(4):367-72

Department of Occupational Therapy,  
Sundsvall County Hospital, Sundsvall,  
Sweden. [harens.ab@telia.com](mailto:harens.ab@telia.com)

*The aim of this study was to evaluate the efficacy of manual lymph drainage, as described by Vodder, in reducing oedema in the hand after a traumatic injury. During a period of 10 months in 1996-7, a total of 26 consecutive patients with a fracture of the distal radius that was treated by external fixation were included in the study. Patients were randomised into an experimental (n = 12) and a control group (n = 14). Treatment started 11 days after application of the external fixator. All patients had the same conventional treatment with exercises, movement, oedema control, and education. The experimental group was given 10 treatments of manual lymph drainage in addition. Oedema was measured four times with the volumeter, and the injured hand was always compared with the uninjured one. The first measurement was made three days after removal of the external fixation. The difference in hand volume showed that the experimental group had significantly less oedema in the injured hand. This result indicates that manual lymph drainage is a useful method for reducing post-traumatic oedema in the hand.*

*"...manual lymph drainage is a useful method for reducing post-traumatic oedema in the hand."*



## Radiation Therapy: Update from Dr. Lim

Many of our patients have undergone radiation therapy as part of their cancer treatment. Dr. Jan Lim, a radiation oncologist and assistant professor at the University of British Columbia gave a talk on this subject at the August Review in Victoria.

Dr. Lim first explained the biological basis of radiation therapy. He especially emphasised that a reduction in volume of the limb enables higher radiation doses to be used, which consequently increases the chance of cancer-cell kill. He also stated that locating the tumor accurately will make the most difference in the future in the timing of cancer treatment. Current techniques such as CT (computed tomography), MRI (magnetic resonance imaging) and PET (positron emission tomography) all require tumors of at least a million cells or more to identify the cancer.

In treatment planning, he emphasised that appropriate location and dose calculation affect the outcome of radiation therapy. He then outlined various types of external beam therapies, insertions and implant therapies currently used. The skin is no longer a dose-limiting structure because of the multiple fields and depth of penetration using high-intensity beams. By accurately shaping the field of radiation and its intensity, the damage to a patient's tissues is minimized.

Dr. Lim also gave an enlightening talk on his perspectives of medical acupuncture in the treatment of lymphedema. Dr. Lim is a certified medical acupuncturist, an assistant clinical professor at the University of British Columbia and a radiation oncologist with the Vancouver Island Cancer Center.



Dr. Jan Lim  
Victoria Seminar

## Kinesio Taping Course a Success

Following the success of the Kinesio Taping introductions at all the Dr. Vodder School Reviews for the past two years, we decided to offer a full day of Kinesio Taping with Ruth Coopee, OTR. This course will be an "add-on" course at all the Reviews in 2002. Ruth has gained a dedicated following after her introductions at the Reviews and we have had many requests for more information on Kinesio Taping. This course addressed

the applications of Kinesio Taping to lymphedema, venous insufficiency, scar modification, hand edema and nerve entrapment, non-compliant garment wear patients, postural re-education and more. Twenty therapists attended this first course and a certificate of completion was given. The course counts toward credit for the Kinesio Taping certification program.

Kinesio  
Taping  
Certification

## In Brief.....

### LANA National Certification

The first Lymphology Association of North America exam was held at various testing centers (Lasergrade) throughout North America in May this year. Congratulations to all those who sat the exam. Subsequent exams are scheduled for October 2001 and April 2002. If you wish to participate, please visit the LANA web site at [www.snonet.org/lana.uk](http://www.snonet.org/lana.uk).

### MLD UK

Congratulations to Dr. Vodder School therapist and Basic Teacher, Susan Chesney on becoming president of MLD UK. MLD UK is an umbrella group of Foldi, Leduc and primarily Dr. Vodder therapists in the UK. They are an active group promoting awareness, education and treatment of lymphatic conditions. They publish a Journal 3 or 4 times each year. Their website is [www.mlduk.org](http://www.mlduk.org).



Sue Chesney from  
England assisted with the  
Therapy I class in  
Victoria, BC this summer.





## Reviews in Stowe and Victoria, 2001



Dr. Renato Kasseroller at the Stowe Review



Kinesiotaping with Ruth Coopee and Sandra MacDonald



Angela Vollmer at the Victoria Review

### Stowe Review

The location and timing of this Review were very popular and the first Review filled up quickly. A second Review was scheduled and almost filled too. This enabled us to have both groups together for the theory lectures and case presentations with over 70 therapists. Highlights this year were cases on tooth extraction edema with Carmelita Rifkin, PT; elephantiasis with Dan Johnson OTR; arm lymphedema with Gis  le Laliberte, MT; a primary lymphedema patient with Jane Kepics, MS PT; neck lymphedema with Suzanne Faux, PT, a Milroy's patient with Dan Johnson, OTR; leg lymphedema complicated by a total knee surgery with Nancy Ostroff, PT and a similar case with Michelle McLellan, PT; a complex leg lymphedema patient with Gillian Bower,

RN; neck, head and face lymphedema with Margaret Mawhinney, LMT; bilateral mastectomy with Annick Rossi, LMT; an MVA patient with resultant lymphedema, with Kel Jensen OTR.

Lee Nelson, MS PT also gave an excellent talk on patient evaluation, a step-by-step approach. Dr. Kasseroller updated everyone on current research.

The Golden Eagle in Stowe has been host to our reviews for a number of years and we were sad to learn that Susan Hollister and her partner Ann Schand, who had originally introduced us to Stowe, will not be continuing their business there. We hope to continue the courses in Stowe at the Golden Eagle as this is such an excellent facility.

### Victoria Review

St. Margaret's School was again the host location for the Victoria Review. The School has undergone massive renovations and we were delighted to hold the course this year in the new gymnasium. The case presentations at this review were excellent and thanks go to the following therapists for presenting their work. Arm edemas: Tina Hammond, PTA, Joan Miller, OTR, Ian Soles, MT, Carol Johnson, OTR, Joanna Burgess, RN, Pamela Hodgson, RMT, and Jane Aitken, OTR. Leg edemas were presented by Laurie Krapfl, PTA, Mary Ellen Sperling, PT, Nancy Ziegler, PT, Sheryl Au, PT, Wanda Guenther, RMT and Aileen Walton, PT. There were also presentations from Karen Rolph, OTR, on a Klippel Trenaunay patient, Joanna Burgess, RN and Carol Johnson, OTR on a

Turner's Syndrome patient and Nancy Crampton, RMT on a venous ulcer patient.

In addition to technique updating with Hildegard and Andreas Wittlinger and Robert Harris, there were also presentations on Marnitz therapy and Kinesiotaping. On the Sunday morning of the Review, presentations were made by Dr. Kasseroller, Angela Vollmer and Dr. Jan Lim. Angela Vollmer, a garment fitting expert from Germany, had been interviewed by the local paper in Victoria and two articles were published in the weeks preceding the course. As a result we had a tremendous response from local lymphedema patients and practitioners. We invited them to join us on Sunday for the lectures.

## News from Australia

### Lymphedema Screening Program expands

Following up on the report in the last Therapy News, the Lymphoedema Assessment Clinic has expanded to include more rural areas of Australia. One of our Vodder Therapists, Gloria Denton from

Port Augusta in South Australia, helped to set up a lymphedema screening day with Prof. Neil Piller in her community, about 5 hours drive north of Adelaide. Two other Vodder therapists, Christina



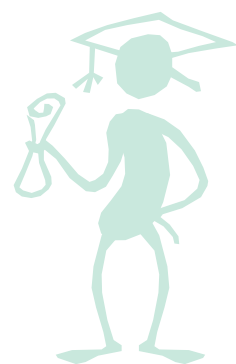
Pfitzner and Cheryl King also participated and together, over 100 patients were screened for swelling and then placed in low, moderate or high risk categories. These patients were then advised as to how they might proceed and given information on their various options (including

seeking further medical advice). Approximately 15% of the patients screened had swelling from other causes such as cardiovascular disease and diabetes. This was a great success and hopefully inspires more of such screening programs enabling early detection of lymphedema.

### Australian Vodder Therapists Association formed

A group of Vodder trained therapists in Australia have formed an association to promote the Vodder name and awareness of the technique in Australia. The

acronym for the group is AVTA and for more information, contact Sue Fraser at [sfraser@scnet.com.au](mailto:sfraser@scnet.com.au)



*Well Done!*

## More Graduates of the Dr. Vodder School



Stowe II/III



Victoria II/III

### Therapy II & III Classes: June / August 2001

#### Stowe, VT Therapy II and III

Rebecca Joosten	Mobile, AL
Paul Brudz	Windsor, CT
Jim Barber	Rehoboth Beach, DE
Mario Amador	Jacksonville, FL
Tabitha Tanner	Royal Palm Beach, FL
Cathy Barnett	Tamarac, FL

Joanne Brown	Springfield, MA
Judith Ford	Newtown, PA
Helena Goris	Montréal, PQ
Consawilla Sprauve	Houston, TX
Janet Lawson	London, UK
Jennifer King	Bennington, VT

#### Victoria, BC Therapy II and III

Michael Hacker	Phoenix, AZ
Bill Jones	Phoenix, AZ
Sandy Anne Parks	Victoria, BC
Toni Rampley	Woodland Hills, CA
Robert Jordan	Washington, DC
Michael Powell	Jacksonville, FL
Tina Meyer	Naples, FL
Chiaki Hoshina	Akita-ken, Japan
Saori Naramoto	Tokyo, Japan
Karyn Shippee	Montague City, MA
Denise Komara	Frederick, MD
Amelyn D'Egidio	Los Alamos, NM
Katie Forman	Los Alamos, NM
Cindy Carscadden	Antigonish, NS
Francine Ann Mason	Halifax, NS
Daphne Calhoun	Halifax, NS

Jeannie Poirier	Halifax, NS
Andrea Steylen	Halifax, NS
Bridget von Jeetze	Canaan, NY
Claire Posada	New York, NY
Kathleen Leibowitz	Red Hook, NY
Inge Costa	Portsmouth, RI
Trishia Moorman	St. Gregor, SK
Sung Joong Kim	Seoul, South Korea
Leo Thompson	Houston, TX
Elizabeth Fletcher	Hammersmith, UK
Kathleen Rooney	Winchester, VA
Charlene Springer	Christiansted/ St. Croix, VI
Vaea Anagnos	Lake Geneva, WI
Jean Coletti	Morgantown, WV
Elaine Hanson	Haines Junction, YT

### Congratulations

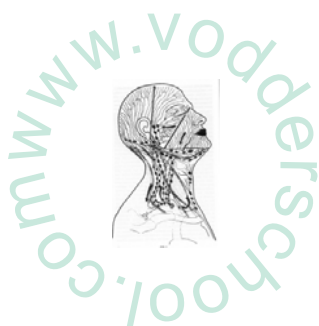
*to all our new graduates. If you would like to contact or refer patients to any of these new therapists, please check our website first at [www.vodderschool.com](http://www.vodderschool.com), as most of them will be listed there. If you cannot locate them, please call the office of the School at (250) 598-9862, Monday – Friday.*



## Teacher Feature: Linda (Koby) Blanchfield



Koby Blanchfield



We have undertaken another extensive updating of our website, but mostly at the "back-end", behind the scenes of what you actually see. One of the additions

we have made is in response to several requests from our therapists. We can now list your website address to help increase your visibility. If you have one and would like it added, just email, fax or call the information to our office and we will update your listing.

Koby came to massage therapy after many years in the health food industry. She is a graduate of the West Coast College of Massage and Hydrotherapy (2200 hours).

Introduced to MLD by Robert Harris, in 1990, she was very impressed with the results of her basic training. This was first used on a patient with moderate to severe dysphagia (due to a motor vehicle accident). After 40 minutes of treatment the patient was swallowing, pain free, and the problem never returned. Koby was hooked! She completed her Therapy II and III in Austria with Hildegard Wittlinger, in 1992.

Koby has incorporated MLD in her private practice since 1990, and works with a variety of different pathologies. She currently shares her clinic space with two other registered massage therapists, who are also Vodder certified.

In 1995, Koby became certified to teach the Basic class, and in 2000, certified to teach Therapy I. Since then, she has traveled and taught classes (for different groups of health care professionals and estheticians) throughout North America and Australia. She is currently on the teaching staff of the West Coast College of Massage Therapy. Koby enjoys all aspects of her private practice and teach-

ing. She finds that what she does in her practice feeds what she does as a teacher and vice versa.

Professional Memberships are as follows:

- \* College of Massage Therapists of B.C. (formerly the Association of Physiotherapists and Massage Practitioners) since 1990

- \* Massage Therapists Association of B.C. (MTA) since 1990

- \* North American Vodder Association of Lymphatic Therapy (NAVALT) since 1992

- \* Physical Medicine Research Foundation (PMRF) since 1995

- National Lymphedema Network (NLN) since 1998

- \* International Society of Lymphology (ISL) since 2001

Koby lives in the Greater Vancouver Regional District (Surrey). If she has spare time Koby can be found outdoors, hiking, cycling, canoeing or snorkeling with her husband Glenn. She treasures family time, particularly with their son and daughter.

Especially inspired by Hildegard and Robert, Koby is determined to do her very best as a therapist and as a teacher, to be an excellent representative of the Dr. Vodder School.

## New Board of NAVALT election

Congratulations are extended to the new Board of NAVALT, under the presidency of Eloise Frey, PT. Eloise graduated from the Dr. Vodder School in 1998 in Victoria, BC and has a good sense of humour, along with her leadership skills. NAVALT has a new, interactive website at [www.navalt.com](http://www.navalt.com) and Lisa Foster has worked very hard to implement this. The

Dr. Vodder School and NAVALT are working at maintaining and improving the ties between the two organizations and we look forward to mutual cooperation in 2002. Lastly a big word of thanks to the outgoing president, Linda O'Donnell for all her hard work as president and especially for her commitment to bringing NAVALT and the School closer together.

## ISL Congress Report

The congress took place in the old part of Genoa, a beautiful Northern Italian city with a rich history and full of winding al-

leyways, old palaces and cathedrals. The ISL has an international meeting every two years and this year it was





hosted by **Prof. Campisi** of Italy.

There were many special sessions on topics such as the natural coumarines, wound care, skin lymphology as well as poster discussion. Here is a sampling from some of the main lectures that I attended.

**Prof. Papendiek** of Argentina reported that there are approx. 250 million patients with lymphedema at any time and as many as 700 million have a problem with the lymph system. (1 in 9 of the world population). **Dr. Jamal** of India stated that there are about 119 million people affected with the filariasis worm, 44% of whom are in India. **Prof. Witte** of the USA talked about the importance of the human genome project in deciphering certain types of primary lymphedema (Milroy's and Meiges). One of the most promising discoveries recently has been the identification of vascular endothelial growth factor (VEGF) and the receptor site on the lymphatic endothelium, VEGFR-3, as reported by **Dr. Alitalo** of Finland. These are useful, not only as markers for identifying lymph vessels in research, but also may help in the development of potential lymph-vessel growth factors. There were many papers on lymphangiogenesis as well as tumour lymphangiogenesis.

**Prof. Olsewski** of Poland gave an inspiring talk about the lymph system physiology (adults have about 1 kg of lymphoid tissue!) as well as pathophysiology in lymphedema. The effects of cigarette smoking on the lymph system via changes on prostaglandin production and subsequently contractility of lymph vessels was presented in a paper by **Dr. Sinzinger** of Austria.

In a paper from **Dr. Gasbarro** of Italy, the effects of Lymphdiaral (homeopathic medication) were described. Lymphedema patients showed a decreased lymph node size as well as edema, pain and inflammation. He found that a combination of CDT and Lymphdiaral was better than CDT alone for reducing lymphedema.

Several authors reported success with lymphatic – venous and lymphatic – lymphatic microsurgery in primary and secondary lymphedema. The results seem to be better if no fibrosis is present and the

earlier the stage of the edema, the better the results will be (according to **Dr. Boccardo** of Italy). **Prof. Campisi** even suggested that early microsurgery could prevent the development of lymphedema.

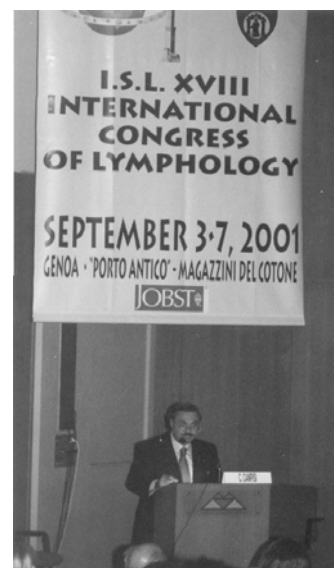
**Prof. Ryan** of England gave a very interesting lecture on pathogenesis in the skin lymphatic system. He talked about the release of VEGF from the epidermis in inflammation, which affects expansion of the tissues. The tangential dermal elastin fibers just below the epidermis help to counteract tissue expansion, but elasticity is lost as the edema progresses.

**Prof. Eliska** of the Czech Republic described new experiments on the regeneration of lymph vessels through scar tissue. The study looked at regeneration with open wounds and then closing wounds in the skin of dogs, until new lymphatic anastomoses were formed. He found that MLD increases the flow through scars by 4 to 26 times normal. (see Articles Page 8.)

There were a number of papers presented on CDT and MLD. The importance of doing full CDT was emphasized and combination with pneumatic compression discussed. **Dr. Brun** from France discussed how to explore the failures of conventional physiotherapy for upper limb lymphedema. **Prof. Tonelli** of Italy discussed Crohn's disease (CD). Based on 363 CD patients, he states that this is a lymphedema, with dilated lymphatics, edema, fibrosis and lymphangitis. Lymph is lost into the lumen of the intestines.

I was pleased to present a paper with **Prof. Neil Piller** of Australia on the preliminary study of assessment tools for the components of CDT (see February 01 Therapy News). I also gave a demonstration of the Dr. Vodder School approach to various types of primary lymphedema, along with **Dr. Judith Casley Smith**, Australia.

It was good to see several other Dr. Vodder School teachers and therapists present at the conference. To obtain the proceedings of the conference where all the papers will be published, please contact the ISL at [lymph@u.arizona.edu](mailto:lymph@u.arizona.edu). Abstracts of many of the papers were published in the European Journal of Lymphology, Vol. 9 #34, 2001.



Prof. Campisi at the ISL Congress

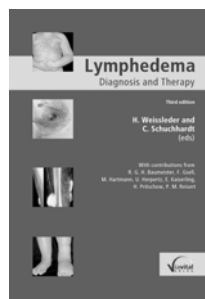
*"MLD increases the flow through scars by 4—26 times normal"*



A day trip to Portofino with the Congress.



## New



## Edition

*Greetings from our  
"newly married"  
Shannon MacGregor,  
the Dr. Vodder School  
Administrator.*

*Please note that I can  
now be reached in the  
office between  
9:30 AM and 1:30 PM,  
Pacific Standard Time.*

*I look forward to assist-  
ing you with any ques-  
tions you may have.  
Best regards*



Shannon &amp; her son Kintè

## Articles and Books

O. Eliska, M. Eliskova: Flow through lymphatics in scar tissue. *European Journal of Lymphology*. Vol. 8, # 30, 2000. This work was reported at the recent ISL conference in Italy. Lymphatic flow was measured in the same lymph vessel proximal and distal to surgical scars in

animal experiments, with and without MLD. A significant increase in lymphatic flow was measured after MLD, proximal and distal as well as through the scar (up to 26 times normal) with an applied pressure of 35mm/Hg.

## Conferences and Reviews in 2002

**Australasian Lymphology Association Conference:** April 19-22, 2002, Adelaide, Australia. Contact Sapro, Tel: 61 8 8227 0252, Fax: 61 8 8227 0252 or email: [sapro@camtech.net.au](mailto:sapro@camtech.net.au)

**National Lymphedema Network Conference: "The Quest for Understanding"**. August 29-September 01, 2002 Chicago, IL, USA. Contact the NLN at [nln@lymphnet.org](mailto:nln@lymphnet.org), [www.lymphnet.org](http://www.lymphnet.org) or call (510) 208-3200.

**Society for Dr. Vodder's MLD (Austrian School)**, September 26-28, 2002 in ULM, Germany. Contact the Dr. Vodder Schule, Walchsee at 43 5374-52454 (Fax) for further details.

## Reviews in 2002:

January 25-27	St. Petersburg, FL
April 16-18	Adelaide, Australia
May 31-June 02	Stowe, VT
July 15-19	Walchsee, Austria
August 02-04	Victoria, BC
September 03-05	Chicago, IL

## Kinesiotaping in 2002

January 28:	St. Petersburg, FL
June 03:	Stowe, VT
August 05:	Victoria, BC
September 02:	Chicago, IL

## Bandage Winder

Looking for an easy way to rewind your bandages? Nancy Meyer, a lymphedema patient has devised a simple device that attaches to a hand-held, battery-driven

screwdriver that will do it in seconds. The cost is \$10.00 US plus shipping and contact Nancy at [mnmeier@wwdb.org](mailto:mnmeier@wwdb.org) for more information.

## Job Opportunities

- Certified Vodder Therapist needed in Massachusetts: Cooley Dickson Hospital Rehab Services is seeking a qualified PT or PTA. Contact Sandy Miller PT, MEd at (413) 582-2113
- Vodder-Trained Therapist required at Bethesda Memorial Hospital, Boynton Beach, Florida. Call (561) 737-4580

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