



Robert Harris—Director

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## Congratulations to Professor Hildegard Wittlinger



We were delighted to hear that Hildegard Wittlinger has been honored in Austria with the title of Professor. This was bestowed upon her in February 2002 by the Austrian president and is in recognition of her tireless efforts to promote the Dr. Vodder method of MLD. The ceremony took place in

Salzburg and a large party followed in Walchsee with speeches by local dignitaries including the mayor. We are especially proud of our Professor Hildegard Wittlinger who humbly, has worked so hard to spread the word about this incredible technique. In Stowe recently, Hildegard commented that she accepted the title on behalf of all Vodder School therapists who are carrying the Vodder torch. Thank you Hildegard!!

## Laser Therapy Research

Every tool that helps us achieve better results for our patients is important. Low Level Laser Therapy is one such tool, with excellent credentials.

Recently a Team at Flinders Medical Centre (Adelaide, Australia) has completed the 1<sup>st</sup> placebo controlled, randomised, double blind, crossover study of a lymphoedema treatment. That treatment was Low Level Laser Therapy, applied with the RianCorp LTU-904.

This article will briefly describe some of the *results* of that trial before discussing *how* LTU-904 Laser Therapy helps to reduce lymphoedema.

### 1. Trial Design

Participants received treatment 3 times per week for a period of 3 weeks. Treatment was applied to the affected axilla only.

To ensure constancy a template was designed to sit in the participant's axilla with 17 points at 2cm intervals (see photograph). Each point was treated for 1 minute, giving a total treatment time of 17 minutes.



Diag 1: Treatment being applied.

### 1. Results

A significant placebo effect was noted after 3 weeks of sham LTU-904 Laser Therapy. This provides an important baseline for comparing other treatments, which may not have been tested with placebo controlled trials.

The following measures improved significantly after two, 3-week, treatment blocks with active LTU-904 Laser Therapy.

**Tonometry – change in tissue hardness / softness. Active was significantly better than placebo in:**

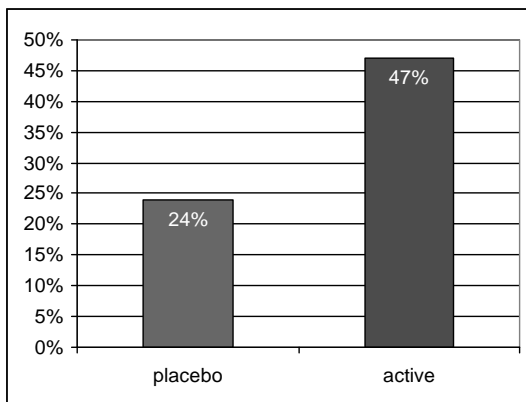
- The affected upper arm (1-month post treatment).
- The posterior thorax bilaterally (immediately after treatment and maintained 1 month later).
- The unaffected forearm (immediately after treatment).

**Bio-impedance** – amount of extracellular fluid in the limb. The active group showed significant improvements in:

- Affected arm (immediately after treatment and maintained 1 month later). Average reduction 67.5ml.
- Trunk (immediately after treatment and maintained 1 month later).
- Unaffected arm (immediately after treatment).
- 47% of participants in the active group showed a >5% decrease in bio-impedance units, versus 24% in the placebo group (p = 0.05).

Fig 1: Percentage of people with a >5% reduction in

## Laser Therapy Research, continued

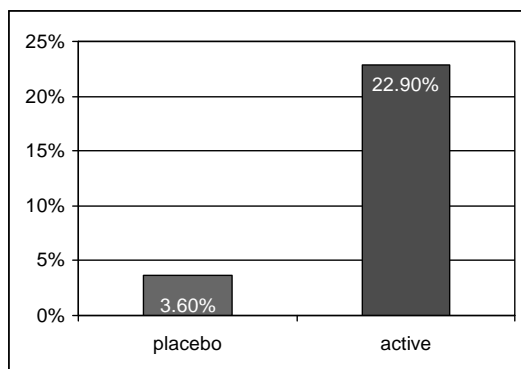


bio-impedance units.

Perometry – total limb volume.

- Average reduction maintained in the affected arm 1 month after treatment was 59.2ml, as opposed to 4.9ml in the placebo group.
- 22.9% of participants in the active group showed a >5% volume decrease ( $\gg$  180ml) versus 3.6% in the placebo group ( $p = 0.05$ ).

Fig 2: Percentage of people with a >5% reduction in



total arm volume.

Subjective – symptoms measured on a 1-10 visual analogue scale. Significant decreases in the active group in:

- pain
- tightness
- heaviness
- cramps
- pins and needles
- limb temperature difference
- limb size difference

### 1. How does laser work?

Laser helps to reduce the subjective and objective symptoms of lymphoedema by a number of mechanisms.

#### a) Stimulation of fibroblasts leads to:

- Softening and reduction of scar tissue,
- Breakdown of fibrotic induration.

In turn, these effects result in

- Decreased impedance to fluid flow through the extracellular spaces,
- Decreased impedance to the growth of new collector lymphatics.

#### a) Stimulation of macrophages resulting in:

- A whole body immune effect (possibly related to the observed reductions in unaffected limb values),
- Stimulation of phagocytic activity and breakdown of large proteins.

#### a) Stimulation of the lymphatic system itself by:

- Stimulating more efficient pumping of lymphatic vessels,
- Possible neolymphogenesis (growth of new collector lymphatics).

### 1. Clinical Use of the LTU-904

When using LTU-904 Laser Therapy it is important to progress proximal to distal, in the same way as you would with MLD.

Normally the therapist treats the proximal nodes and areas of scarring before moving onto any areas of particular concern on the limb. You do not need to treat the entire limb. Each treatment session should take between 15 – 20 minutes.

Because LTU-904 Laser Therapy encourages tissues to work optimally it is often used immediately prior to a session of MLD. Certainly trial participants who performed self-massage at home responded better than those who did not.

Given the demand for a wider range of time and cost effective treatment solutions LTU-904 Laser Therapy presents a positive direction. Combined with our traditional therapies, it can help us achieve even better outcomes for our patients.

Sandy Anderson BSc, PT



*“Because LTU-904 Laser Therapy encourages tissues to work optimally it is often used immediately prior to a session of MLD.”*

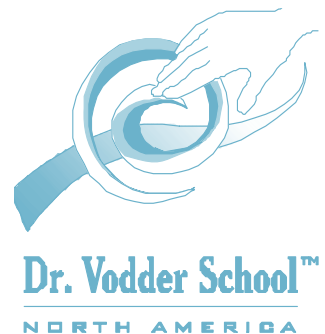
## Australasian Conference, April 2002

The fourth conference of the Australasian Lymphology Association (ALA) was held in Adelaide, April 19 – 21. The invited speaker, Albert Leduc PhD, talked about the anatomical lymph pathways through his work with cadavers. The main topics of the conference centered on psychosocial issues related to lymphedema, breast edema, reports of the screening program for lymphedema and clinical trials of various assistive devices. Results of studies using a hand-held laser device, a vibrating massage pad and a “wobbler” device that oscillates the legs, were all presented. Nancy Ang OT who is a Vodder-certified therapist from Singapore, gave a talk on a pilot study on the effectiveness of two different modified management protocols for post-mastectomy lymphedema. Prof. Neil Piller and Robert Harris presented the results of their study last year at Flinders Lymphoedema Assessment Clinic on the effectiveness of the Dr. Vodder method of MLD in moving fluids. Dr. Kasseroller

also gave a well-received talk on his LVF classification system for lymphedemas. The ALA presented a proposal for training guidelines in Australia as well as measuring standards to be used by practitioners. Outgoing president, Maree O'Connor (a Vodder certified therapist) handed over the presidency to Michael Mason.

The conference proceedings are available from the organizers: Sapro at scm@sapro.com.au or fax 011 61 8 8227-0251.

A very successful Patient Day was concurrently organized by the Lymphoedema Support Group of South Australia. A Vodder certified therapist (Sue Fraser) is the vice president of this organization. Many presentations were made to patients, including one on the Vodder method of MLD and CDT by Robert Harris.



## Adelaide Review, April 2002



Prof. Leigh Ward

Twenty therapists from Australia, New Zealand and Canada gathered in Adelaide for the second Review. The format was similar to the North American Review with some excellent case presentations made by therapists. Maija Gorkic, MT, Lindsay Henson, PT, Alison Beatty, OT, Kay Marsters, MT and Avril Lunken, OT, presented on various types of lymphedema patients. There were also presentations by Pam Haysman, RN on a coronary artery - vein graft patient, Catherine Arnault, ND on a patient with internal bleeding after plastic surgery, Nancy Ang, OT on a fibromyalgia

patient and Amanda Hunt, MT on a patient with strained ankle ligaments. The president of the South Australia Lymphoedema Support Group, Maureen Bartel gave a talk from the patient's perspective. Dr. Leigh Ward from the University of Queensland gave a thorough (and understandable!) talk on bioimpedance and how it is an effective tool in the measurement of fluid levels in lymphedema. He demonstrated a hand-held device called a Lymphometer created by Impedimed that can quickly and easily give important data about fluid content of a limb. Dr. Kasseroller gave his update on current research as well as new information about lymph pathways. Sandy Anderson, PT gave a presentation on her research at Flinders University into the hand-held laser device from RianCorp (LTU-904). This safe, low level Class 1 laser has been shown to have an effect on increasing fluid reduction in post mastectomy lymphedema patients as well as improving the subjective feelings of patients. Prof. Neil Piller from Flinders University then gave a report on new directions in lymphatic research in Australia and the findings of some of his clinical research.

The Australasian therapists are much smaller in number than in other countries but are very committed to their work and working well together as a group. They have formed an organization called the Australasian Vodder Therapists Association (AVTA) and are working on finalizing all the details.



Sandy Anderson  
demonstrating laser at the  
Adelaide Review

## Stowe Review, May 2002

Fort six therapists attended the Review in Stowe with Hildegard and Andreas Wittlinger and Robert Harris supervising the practical updating. Professor Weissleder gave a very interesting lecture concerning current research for lymphedema as well as more difficult and obscure edemas. Case presentations were made on primary lymphedema patients by Becky Jenkins, PT,



Patti Loebs, RN, and Joan Larocque, RN. Joan's patient, a 9 month old boy was also in attendance and provoked some very interesting discussion about diagnosis and treatment of infant lymphedema. Patricia Doyle, PT presented a bilateral lymphedema patient after mastectomy and Dawn Bonness, PT on a total knee arthroplasty patient. Andreas Wittlinger presented a Marnitz workshop and Renee Romero gave a bandaging update. Dr. Kasseroller also gave a research and anatomical pathways update.

## Victoria Review, August 2002

A Review was held again at St. Margaret's School. This is our seventh year at St. Margaret's and the food just keeps getting better! Apart from the food the presentations were also excellent. Professor Neil Piller from Flinders University gave an inspiring speech on Australian perspectives to lymphedema treatment and management. Dr. Kasseroller gave his update on lymphology and Angela Vollmer, world expert on garment fitting, gave a talk on garments. A demonstration fitting was performed with a mastectomy patient. Andreas Wittlinger gave his Marnitz therapy workshop. Case presentations were made by the following therapists: Janet Thorne, LMT, thyroid cancer patient; Marijke Carson, PT, melanoma patient; Debra Daugherty, MOTR, lymphedema patient; Michelle Larson, PT, paraplegic patient with lymphedema; Marie Lew, LMT, and Beryl Olson, OTR, inflammatory breast cancer patients; Bonnie Lucio, PT, complex renal carcinoma patient; Sylvia DeClue, RMT, hemangioma patient who had undergone de-



Robert Harris, Prof. Hildegard Wittlinger, Dr. Renato Kasseroller and Prof. Neil Piller

bulking; Iris Colon Marrero, MD, comminuted ulna and radial fracture patient; Grace Dedinsky, RMT, RSD patient; Allen McAllister, RMT, complex Hodgkins lymphoma patient.

## Chicago Review, September 2002

The September Chicago review followed hot on the heels of the National Lymphedema Network conference. Many therapists attended both and appreciated the savings in travel arrangements. We started this review a thorough presentation by Lee Nelson, DPT on evaluation of the lymphedema patient and her research at the University of Vermont. Impedimented representatives, Nicky Conway and Lucille Bridges from Australia gave a talk on the benefits of using bioimpedance in evaluating fluid content in our patients. Robert Harris presented his pilot study research undertaken with Prof. Neil Piller on measuring the effectiveness of MLD. Karin Johansson, PhD, PT, gave a very interesting talk on her research at Lund University in Sweden on exercise and lymphedema as well as her other thesis research. Ann Angel from Australia who represents RianCorp, gave a talk on research into the

use of low-level lasers in lymphedema treatment. There were some very good case presentations made at the review. Mary Wozniak, OTR, presented on a complicated, heavy bilateral leg lymphedema patient; Jim Kresse, LMT, discussed a patient with a post mastectomy lymphedema and a tram flap reconstruction; Maggie Williams, PT, showed pictures of a young man with Sturge – Weber syndrome (arterio-venous malformations) with an open leg wound and described the wound healing she was able to obtain; Marcia Jefferson, PT, described the treatment of an elderly (94 y.o.) patient with post mastectomy lymphedema; Camille Newlon, PT, described the garment fitting challenges and solutions she had with two lymphedema patients, one with severe rheumatoid arthritis and the other wheelchair bound and incontinent; Dorene Binder, PT, presented on a patient with UE sarcoma and arm lymphedema triggered by subse-

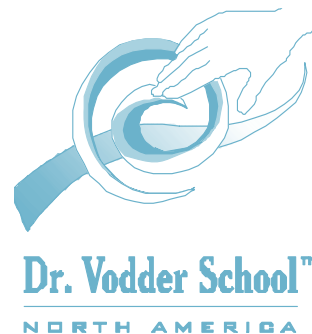
*To contact any of the case  
presenters from the  
reviews, please go to the  
Therapist referral page of  
our website at  
[www.vodderschool.com](http://www.vodderschool.com)*



## Chicago Review, September 2002, continued

quent prostate surgery; Kathleen McLoughlin, PT, presented an interesting case of an infant with amniotic band syndrome, a fetal malformation that caused constriction at the ankle and resultant lymphedema. There was a very good group discussion on palliative care with MLD, initiated by Edith Mulhall, RN. A presentation was also made by the Tribute company on com-

pressive devices and Dr. Joe Feldman, chairman of LANA gave a talk on the LANA exam and member organization.



## New Teachers

We are delighted to report that two more therapists have finished their teacher training. Jan Douglass is the first Australian-based Basic teacher. She has been a remedial massage therapist and instructor for the past 15 years. Jan took the Dr. Vodder training in Australia and Victoria, BC in 1997. Jan is also com-

pleting her Bachelor in Health Science at Adelaide University. In August this year, Gay Lee Gulbrandson also completed her Basic teacher training. Gay Lee is a massage therapist and graduated from the Dr. Vodder School in Austria in 1996. and lives in Berkeley, CA.

## Dr. Kasseroller

We are sorry to inform you that Dr. Kasseroller is no longer with the Dr. Vodder Schule Austria. His contract ended on June 30<sup>th</sup> and he is now involved with a hospital in Salzburg, as well as keeping his private

practice. Dr. Kasseroller will continue to teach for this year in North America. Next year we are anticipating the current medical director, Melanie Wohlgennant, MD, to attend the classes.

*"Final opportunity  
in October this year  
to take the LANA  
Exam."*

## LANA Exam

The final opportunity this year to take the Lymphology Association of North America exam will be in October. After this exam, massage therapists will be expected to have obtained a minimum background training level in order to be eligible to take the exam (a minimum of 196 college or university level hours in anatomy, physiology and pathology). Also the minimum number of hours required from prospective applicants for the exam will rise to 120 hours of a lymphedema training program. To find out more, visit the LANA website at [www.clt-lana.org](http://www.clt-lana.org). The LANA board also met with approximately 100 LANA certified therapists at the NLN conference in Chicago at the end

of August. There are moves to form a member organization that will help promote the cause of LANA and representatives from various parts of the continent volunteered to help establish this.

Both Kathryn Thrift and Robert Harris attended the June LANA exam committee meeting in Chicago, where we worked extensively on the October and future exam questions. With our input, we believe that this is a fair and equitable exam to test the base level, theoretical knowledge of people working in the field of lymphedema.

## New Courses

Thanks to the success of the introductory courses, we will be offering three additional one-day courses in 2003. These will be "attached" to some of the North American Reviews enabling you to stay an extra day and gain thorough, in-depth knowledge of the course material. Ruth Coopee, MOTR will continue her ad-

vanced Kinesio Taping courses. Renee Romero RN will offer a one-day Advanced Creative Bandaging and compression class. Andreas Wittlinger PT will offer an extensive one-day Marnitz Therapy course. Please see the enclosed flyers for these courses.

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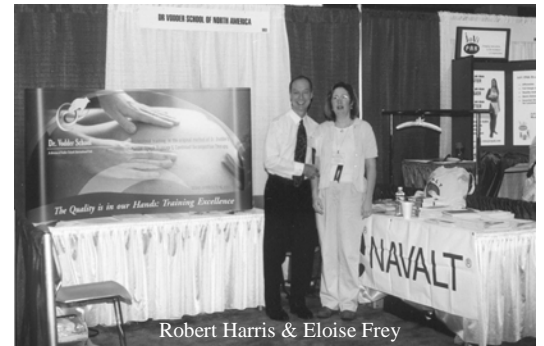
*"Many Dr. Vodder School therapists (estimated 60 – 70) attended the NLN Conference and several presented"*

## National Lymphedema Network Conference

Named the Quest for Understanding, the fifth conference of the NLN took place in Chicago, IL at the end of August. Approximately 700 therapists, physicians and patients attended. There were instructional sessions for therapists, including one by the Dr. Vodder School given by Robert Harris and Martha Zenger and sponsored by Juzo. There was also a physician intensive session and a major workshop on wound care. Many Dr. Vodder School therapists attended (estimated 60 – 70) and several presented, including Denise Baylor on the impact of medicare treatment limitation on post-mastectomy lymphedema; Debra Daugherty on self care for lower extremity lymphedema; Eloise Frey with a poster on the cost effective management of a complex patient; Susan Harrelson on lymphedema in renal transplant patients; Robert Harris on evaluating the effectiveness of MLD; Karin Johansson on factors associated with development of arm lymphedema; Joanne McGillicuddy on self care methods for upper extremity lymphedema; Renee Romero on setting up a lymphedema treatment center; Phyllis Tubbs-Gingerich on caring for an infant with Klippel Trenauny; Susie Wills on a patient with dif-

fuse lymphangitis and sepsis. Denise Baylor and Karin Johansson both won prizes for their presentations at the conference. Prof. Földi was awarded the NLN lifetime achievement award for his considerable contribution to the field of lymphology.

The Dr. Vodder School and NAVALT had a booth together in the exhibitor area of the conference and thanks go to Kathleen Duff and her husband for their support in manning the booth.



## Calendar

Please see our web site schedule for up-to-date listings of classes at [www.vodderschool.com](http://www.vodderschool.com)

**Canadian Association of Wound Care**, November 15 – 17, 2002, Vancouver, BC, Canada. Contact: [www.cawc.net](http://www.cawc.net). Prof. Pillar will present on lymphedema diagnosis, Robert Harris and Koby Blanchfield will present on the Dr. Vodder method.

### NAVALT Conference

The NAVALT conference, preceding the Dr. Vodder review in St. Petersburg, will focus on Spinal Orthobionomy. The dates are January 29/30, 2003, and please contact Eloise Frey at [hartfrey@aol.com](mailto:hartfrey@aol.com) or (262) 694-3977 for further details.

**Lymphedema Association of Quebec**, May 28 – 30,

2003, Montréal, Quebec. Contact Rachel Pritzker: [infolympho@icomm.ca](mailto:infolympho@icomm.ca) and web site: [www.infolympho.icomm.ca](http://www.infolympho.icomm.ca).

Prof. Weissleder and Wittlinger are invited speakers.

### Review dates and locations in 2003:

St. Petersburg, FL	1/31 – 2/2
Stowe, VT	5/30 – 6/1
Walchsee, Austria	7/21 – 7/25
Victoria, BC	8/1 – 8/3
San Diego, CA	9/26 – 9/29

## Newsletter Omission

### Volume 5 Issue 1, February 2002:

Our apologies to Michelle Renee Lafollette, LMT

from Alpena, AR who's name was missing from the St. Pete's Therapy II & III class list.

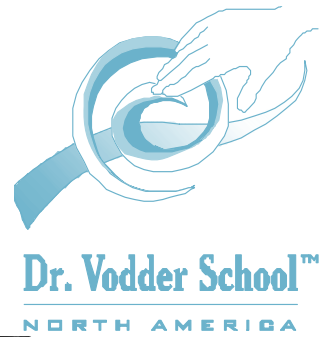
## Congratulations to all our new graduates!

Congratulations to Julie Chatelain and Ingrid Sten-ersen on completing their RMT exam and who are now fully certified MLD/CDT therapists in Victoria, BC.

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.

# New Vodder Graduates



## Adelaide II & III Class - April 2002

Pauline Fong	BSc. PT	Tseung Kwan, Hong Kong
Pamella Gibson	ND, RBT	Auckland, North Island, New Zealand
Joanne Denney	MT	New Plymouth, North Island, New Zealand
Anna Lyon	MT	Avalon, NSW, Australia
Margie Hare	MT	Turrumurra, NSW, Australia
Fiona Atkinson	BA, RMT	Adelaide, SA, Australia
Sharon Neal	MT	Hyde Park, SA, Australia
Margaret Trebilcock	RN, MT	Longwood, SA, Australia
Robyn Thiele	RMT	Nairne, SA, Australia
Yvonne Thiel	MT	Pinnaroo, SA, Australia
Cheryl Russ	RN	Stirling North, Australia
Rosamond Roberts	RN, MT	Gooseberry Hill, Australia



## Victoria II & III Class - August 2002

Wainani Macaulay	LMT	Tucson, AZ
Kendra Cross		Port Alberni, BC
Coral Edmonds	RMT	Prince George, BC
Tamara Wolodarsky	MT	Newport Beach, CA
Cynthia Smith-Cowtan	MT	Palo Alto, CA
Nancy McIlroy	PT	Walnut Creek, CA
Christine O'Toole	MS, PT	Longmont, CO
Linda Orr	BS, MS, LMT	Alton, MO
Suzette Driggers	OMD	Albuquerque, NM
Beth Weaver	COTA/L	Smithfield, PA
Jacquelyn Duvall	LMT	Greenwood, SA
Riley Merkosky	LMT	Humboldt, SK
Susan Stradley Ram-	MS, OTR/L	Hawkins, TX
Diana Jeanne Lason	PT	St. George, UT
Phyllis Tacik	PTA	Virginia Beach, VA
Alison White	LMT	Whitehorse, YT

*"Touch the sky  
and in your reach  
believe  
achieve  
and aspire."*

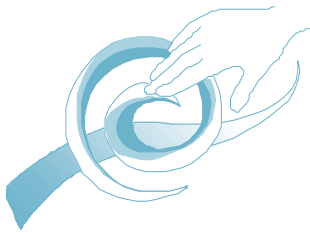
## Stowe II & III Class - June 2002

Jacklyn Breier	PTA, LMT	Thomaston, CT
Nancy Shaw	CMT	O'Fallon, IL
Jeff Duensing	CMT	Indianapolis, IN
Stacy Troy	MS, PT	Belchertown, MA
Karina Woess	RPT	Cambridge, MA
Leah Yoder	RN, LMT	Cumberland, MD
Julie Brokaw	RPT, CCCE	Independence, MO
Arlene Rose	RMT	Fredericton, NB
Nadine LeBlanc	RMT	Shediac, NB
Lori Dandrow	PT	Plattsburgh, NY
Wanda Howard	CMT	East Petersburg, PA
Maureen Murphy	LMT	Providence, RI
Vail Fassett	MOTR, RMT	Dallas, TX
Angela Melton	RN, LMT	Pearisburg, VA
Robert Fisher	CMT	Ringgold, VA
Lorelei Wyman	PT	Brattleboro, VT



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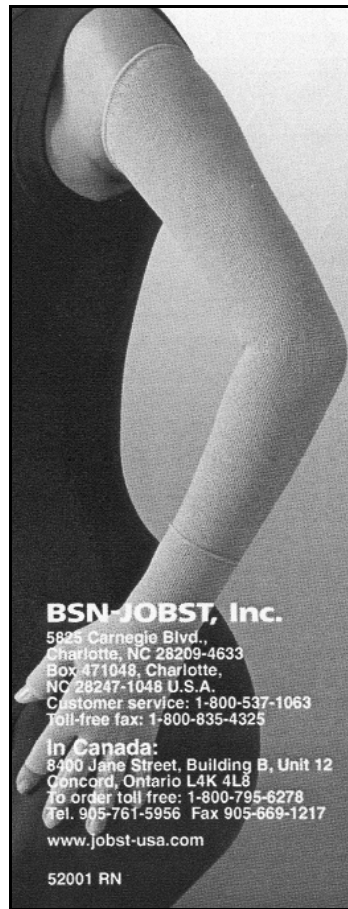
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## Books & Articles

S.K. Johansson: *Lymphoedema and Breast Cancer, A Physiotherapeutic Approach*. Studentlitteratur, Lund University, 2002 ISBN: 91-628-5117-9. This is a collection of papers published by Karin Johansson, PhD, PT (Vodder certified therapist) who presented at the Chicago Review this year. They were used for her doctoral thesis and cover the effects of compression bandaging with and without MLD, shoulder mobility and muscle strength after breast cancer treatment, factors associated with the development of lymphedema and breast cancer patients experiences of lymphedema.

**Lymphatic Research and Biology:** This is a new quarterly, peer-reviewed journal published in North America and is the official journal of the Lymphatic Research Foundation. It will cover topics on lymphatic biology and pathology. There are many prominent names on the editorial board including Profs. Olzewski, Alitalo, Piller and Mortimer. Dr. Stanley Rockson is the editor. For more information contact [www.liebertpub.com/lrb](http://www.liebertpub.com/lrb) or call (914) 834-3100.

## Job Opportunity

Medical Aesthetics Clinic in the Austin,  
TX area is seeking an MLD Therapist. Call Jeremie

Perry (Medical Director ) (254) 541-2884 or (254)  
780-9842 or [Jeremie@modernpentathlon.com](mailto:Jeremie@modernpentathlon.com).

## Administration

Due to the volume of work, we have hired Sheila  
Marsh to work part-time to help Shannon with the

tasks of running the office. Please welcome Sheila if  
you are calling the office!

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