

NEW REVIEW -- WITTLINGER / Dr. Vodder's Manual Lymph Drainage: A Practical Guide, 2nd Edition. Thieme Medical Publishers, Inc., 2019

From Doody's book Review: <http://corp.doody.com>

[AUTHOR]

Wittlinger, Hildegard; Wittlinger, Dieter, PT; Wittlinger, Andreas, PT; Wittlinger, Maria, MT

[BIBLIOGRAPHIC DATA]

ISBN: 978-3132411449, NLM: WH 17, LC: RM723, 143 pages, soft cover.

[DOODY'S NOTES]

This title includes an access code for the ebook version.

****Description****

This the second edition of a concise book that outlines manual lymph drainage and describes treatment indications and techniques. This update revises the content and updates the scientific evidence from the 2010 first edition. The website ebook replicates the print version.

****Purpose****

The authors' purpose is to provide updated information and support for therapists to improve skills and satisfaction using the described techniques.

The book successfully covers treatments to advance therapeutic application. The authors encourage research to substantiate manual lymph drainage as an effective technique.

****Audience****

The audience is practitioners and students interested in manual lymph drainage who wish to further their education. Clinicians trained in lymphedema management get an excellent resource for clinical use. The authors lead the world in their command of Dr. Emil Vodder's techniques and serve as CEOs and directors of the Dr. Vodder Academies in Austria.

****Features****

The book provides a clear and detailed explanation of the involved anatomy, as well as Indications and contraindications, complementary treatments, and historical background. The section on techniques used for specific body parts provides outstanding practical treatments. Numerous illustrations support the text and improve the potential for understanding the material. Each page of the treatment section includes multiple pictures, explanations, and blank areas to add personal notes. Throughout the book, reference notes in blue with a Q and a number refer to questions listed at the end of the first section. Answers follow on the next pages with associated page numbers for more complete information.

****Assessment****

This short book is as a top-notch addition to any clinician's library.

Outstanding illustrations, new evidence, and improved information update this edition. The book offers practical treatment techniques, is easy to follow, and stands out among other books because of the authors' qualifications.

Weighted Numerical Score: 88 - 3 Stars