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Inside this issue:

Editorial	1
Challenges in Lymphedema Diagnosis	1-2
Emmaline Barker turned 100 years old on February 1st	2-3
Lymphedema Act, USA	3
In Brief	3
Articles	3
Conferences 2012	3
Manual Lymphatic Drainage and Combined Decongestive Therapy Used to Reduce Edema After Total Knee Arthroplasty-A Case Report	4

Editorial

Robert Harris, HND, RMT, CLT-LANA

In these days of rapid communication, a wired world, barely enough time to stop and breathe, relax and feel in touch with ourselves, it is nice to know that one woman has reached 100 and is still practising MLD! Congratulation to Miss Emmaline Barker, Vodder therapist who had her milestone birthday on

February 01.

Dr. Judith Nudelman, an assistant professor at Brown's University in the USA offers us her perspective of the dilemmas in diagnosing lymphedema. Thank you to all who have contributed to this issue of Vodder News. §

Challenges in Lymphedema Diagnosis

By Judith Nudelman, MD



Judith Nudelman, MD

A 47-year-old woman, who has been treated with breast conservation for breast cancer, presents with recurrent cellulitis of the breast, a feeling of fullness in the axilla and pain in the posterior axillary region. Her arms measure equal volume: does she have lymphedema?

A 60 year old man who has received extensive radiation and chemotherapy for metastatic non-small cell lung cancer presents with difficulty swallowing and fullness under his chin: does he have lymphedema?

A 50-year-old woman who has received breast conservation presents with subtle swelling of the dorsum of her hand, obscuring of the wrist tendons and olecranon prominence. She reports pain on making a fist: her arm volumes are grossly equal: does she have lymphedema?

A 36 year old woman lost 100 lb and notes that her legs are still large, but equal. She thinks her mother's legs are disproportionately large for her body habitus, there is no pitting on exam and leg volumes are equal: does she have lymphedema?

Lymphedema is a disease without a single, unifying diagnostic criteria. When a thorough literature review was performed by the Agency for Healthcare Research and Quality, AHQR, they concluded that there is no "gold standard" to formally grade or measure the severity of lymphedema. (1)

Several common diagnostic protocols are commonly used in clinical practice. Most focus on unilateral limb edema.

Commonly, a 2cm inter-limb discrepancy is considered significant for quantifying the diagnosis of lymphedema. Yet, when Armer, et al, followed women after breast cancer treatment, they found that a single 2 cm inter-limb discrepancy diagnosed 91% of women over a 30-month follow up. (2)

Volume measurements, using either multiple limb measurements, perometer or volume displacement

are frequently employed to diagnose lymphedema. A 10% volume increase in a unilateral limb is considered significant, yet analyzing the Armer data, the CREST guidelines from Northern Ireland found that a 10% increase corresponded to 49% sensitivity, while a 5% increase had a 91% sensitivity rate. And, in several studies, Stout et al have used a 3% increase to define subclinical lymphedema, and have achieved improved patient outcomes in treating this preclinical, stage zero lymphedema. (3)

Despite a proposed incidence of up to 70% of breast/truncal lymphedema in breast cancer patients, there are no quantifiable diagnostic measurements. (4) Head and neck cancer patients are felt to have up to a 50% incidence of both internal and external lymphedema. (5)

Lymphedema is a dynamic process, and as swelling may change, reliance on physical exam, to the exclusion of history, will miss a significant number of patients. Lymphedema creates patient symptoms: heaviness, tightness, warmth, cyclic swelling, and or aching. Truncal lymphedema is associated with significant discomfort. Armer has created a symptom survey for breast cancer patients, the LBCQ questionnaire.

In 2006, AW Stanton wrote an article on diagnosis of limb lymphedema, where he proposed that long before a patient had a 2 cm inter-limb discrepancy, subtle clinical signs were apparent: changes in the subcutis, smoothing of the medial elbow contour, loss of tendon visibility. (6)

All the patients in the initial paragraph have lymphedema, the first patient has secondary breast/truncal lymphedema, the second has both external and internal secondary head and neck lymphedema, the third has secondary stage 1-2 lymphedema presenting distally, and the final patient has primary lymphedema of both legs. Yet none of these patients have an inter-limb volume discrepancy.

There is no gold standard for lymphedema diagnosis, and reliance on significant inter-limb discrepancies will miss many cases of clinically significant lymphedema. All patients should be questioned about their symptoms, and a careful exam of the area involved is required. Patients' physical exams will change with time and treatment, so if a patient is



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Hear Dr. Judith
Nudelman speak at
the Review in Stowe,
Vermont on Sunday
May 20

Challenges in Lymphedema Diagnosis

Cont'd from page 1

compliant and their exam normalizes, they still have lymphedema, but perhaps their International Society of Lymphoedema Stage has regressed.

At this point in time, no technology is able to diagnose lymphedema with significant accuracy-bioimpedance spectroscopy simply measures extra-cellular fluid, and requires careful serial measurements and awareness of the technology's limitations. It is not marketed nor intended to be a stand-alone method to diagnose or predict lymphedema, but simply an additional tool to be utilized in a full assessment. With no gold standard, and a chronic disease that changes over time, clinicians must be aware of subtle changes, patient history of symptoms and predisposition to disruption of the lymphatic system and not substitute arbitrary measurements for a thorough exam with attention to subtle changes in the patients' examinations.

For example, I saw a patient recently who was treated for breast cancer with breast conservation and radiation. She had a sentinel node biopsy with 5 negative nodes removed and about 4 years after treatment, developed focal lymphedema of the upper arm. She had a course of CDT approximately one year prior to the most recent exam. She had been discharged from therapy with daytime sleeve and gauntlet, no truncal compression garments were advised and no lymphedema therapy follow up was advised. Reviewing her prior exams, she has breast lymphedema as well. On her re-examination, I disrobed her to evaluate the entire quadrant at risk, and questioned her about symptoms and compliance with compression garments. She continues to have clinically apparent breast lymphedema with thickening and a faint "peau d' orange" consistency of her breast, and her focal upper arm lymphedema persists by measurement and palpation. Her arms show subtle obscuring of boney prominences and tendons in the hand. And, she reports tingling and aching as the day proceeds. Her lymphedema is ISL stage 1 or 2, and she is compliant with daytime compression. Night time

compression and further treatment to address possible fibrosis are indicated. But, her lower arms measure equal in circumference: only by a thorough exam and history is her lymphedema revealed.

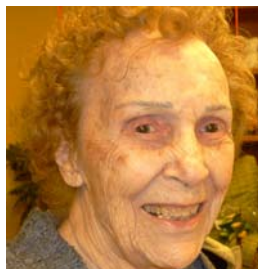
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Emmaline Barker turned 100 years old on February 1st

By Kathryn Thrift



Miss Emmaline Barker

At an age (72 years old) when most folks are thinking about or have retired, Miss Emmaline (that's the Southern way of speaking about older women who are not your relation) began a new phase of her life: learning Manual Lymph Drainage (MLD). She convinced her friend, Dinks, to go to Houston, TX to study MLD with Günther and Hildegard Wittlinger. Miss Emmaline had studied lymphatic massage with Dr Reilly of the Cayce-Reilly School of Massotherapy a few years earlier after she had retired from her original profession of psychology. So, in March 1984 Miss Emmaline and Dinks began

their voyage into the wonderful world of MLD. In July 1984 they went back to Houston and took Therapy I with Hildegard (by that time, sadly, Günther was not able to travel). At that time, there were no books translated into English so they could only work from their lecture notes. This was a time when there were no cell phones, digital cameras, internet or email. Whenever they had a question about a hand position, they would take a Polaroid photo and mail it to Hildegard in Austria-via what we now call snail mail-and await a return reply which often took 2 or 3 weeks. Such dedication!

Then in July 1985, they along with five other women from the US went to Austria to complete their studies. Little did they realize the classes would be taught in German, a language totally foreign to them. After the first day of class, they approached Hildegard and she was able to arrange a private class for them in the

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Emmaline Barker turned 100 years old on February 1st

Cont'd from page 2

dining room at the school. Each day, these seven women gathered with Hildegard to hear her lecture and do the hands-on-work. They returned to the US as some of the first American graduates.

I often say Miss Emmaline is why I am in this work. She was first my MLD therapist and then my mentor. She was the one who encouraged me to take the training. She's the reason I began this work so in a very real sense, everyone who has been a student of mine owes Miss Emmaline thanks for taking the giant leap to learn this work and to encourage others in this work. She and Dinks sponsored Hildegard to teach

classes in Dallas for a number of years so many of the Dallas-Fort Worth group came to take the training because of this partnership. We learned the passion for the work from not only Hildegard but also from Miss Emmaline.

While we all are seeds of Hildegard's teachings, Miss Emmaline was the gardener who tended to us while Hildegard was away. She's the one who nurtured us as we began this difficult journey. She was the cheerleader who gave us inspiration to move forward when it seemed impossible. She was our inspiration and she definitely continues to be mine. §



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Lymphedema Treatment Act, USA

We need your continued help spreading awareness about the Lymphedema Treatment Act. We'd like to make it easier for you to get your patients informed and involved by sending you some information cards. These are a standard "rack" card size and printed on durable card stock.

If you can help by distributing these to your patients and colleagues please send your requests to info@LymphedemaTreatmentAct.org. Please include your complete mailing address and an estimation of

how many cards you anticipate needing throughout 2012; and if/when you run out please don't hesitate to ask for more.

Thanks for your help and support of the Lymphedema Treatment Act!

Heather Ferguson Chair, Lymphedema Advocacy Group

www.LymphedemaTreatmentAct.org;
info@LymphedemaTreatmentAct.org §

In Brief

Visit the new **Dr. Vodder clinic website** in Austria – www.lymphedema-clinic.com. You and your patients might want to read this testimonial about the clinic: www.lymphedema-clinic.com/navid.117/lymphedema-treatment-therapy.htm

The Wittlinger clinic will be giving presentations for North American patients in Miami, FL, April 18th, 5.30 to 8.30pm and also at the BCLA conference in Vancouver, BC, April 21st. For more information and to register for the Miami event, please go to www.lymphedema-clinic.com

MLD UK Conference. MLD UK is a therapist support organisation made up primarily of Vodder therapists. The 2012 conference has an impressive line-up of speakers including Prof. E. Foeldi, MD, Willie Fourie PT, Dr. Alex Munnoch, plastic surgeon (chairperson of the British Lymphology Society) and Dr. Dennis Wolf. The two day conference is located just west of London (see listing above).§

“We need your continued help spreading awareness about the Lymphedema Treatment Act.”

Articles

Manual Lymph Drainage Improving Upper Extremity Edema and Hand Function in Patients With Systemic Sclerosis in Edematous Phase.

Maddali-Bongi, S et. al. Arthritis Care & Research, Vol. 63, No. 8, August 2011, pp 1134–1141

This study from Italy showed that the application of

Dr. Vodder's MLD is effective in the treatment of the hand in edematous scleroderma by reducing hand volume, edema, and pain, and improving hand function and perceived QOL. It was a small study of 28 patients, randomly divided into control and intervention groups. §

Conferences 2012

MLD UK conference:

May 12 – 13, 2012, Lane End, Bucks.

www.mlduk.org.uk

ILF Conference

June 28 – 30, 2012, Montpellier, France.

www.lympho.org

Australasian Lymphology Association Conference

May 24 – 26, 2012, Cairns QLD, Australia.

www.alaconference.com.au

NLN Conference

September 5 – 9, 2012, Dallas, TX, USA.

www.lymphnet.org §

THE QUALITY IS IN OUR HANDS:
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Manual Lymphatic Drainage (MLD) and Combined Decongestive Therapy (CDT) Used to Reduce Edema After Total Knee Arthroplasty-A Case Report

By Beth Meacham, DPT and Monica Sety, OTR/L, CMLDT

Introduction

Residual pain, edema and functional problems are often reported after total knee arthroplasty (TKA) 1. Common physical therapy modalities like electrical stimulation, compression sleeves, and exercises often fail to reduce these deficits. Manual lymphatic drainage (MLD) and combined decongestive therapy (CDT) have been effectively used to treat lymphedema after cancer treatment and to reduce edema in post-surgical orthopedic cases, specifically in the hand and foot². However, there is limited evidence for MLD and CDT for post-operative pain and edema. This case report was done to see if the application of MLD and CDT is effective in reducing post-operative edema and other functional deficits in a subject 14 months after undergoing a total knee arthroplasty.

MLD and CDT

The lymphatic system is the body's primary source to remove waste and inflammation after injury or surgery. MLD involves a series of light massage strokes that stimulate the lymphatic system to pump more efficiently, facilitating the removal of bacteria, cellular debris, and excess water from the interstitial spaces. CDT is the use of compression to bring the lymph vessels closer to the muscles, increasing drainage of the lymphatic fluid back into the general circulation. Initially, multi-layer bandages are worn, followed by use of a compression garment.

Method

A 67 y.o. female with persistent complaints of pain, swelling and limited functional activities after a TKA was treated 2x / week for 6 weeks with MLD and CDT. Treatment was given by a Vodder-trained manual therapist. Circumferential measurements for edema and other outcome measures were taken initially and at 6 weeks. After 6 weeks, MLD was stopped and the subject was fitted with a compression garment. Outcome measurements were taken again at 9 weeks.

Results



Figure 2: Percentage decrease in edema volume in the right lower extremity over 9 weeks.

Conclusion

After 6 weeks of MLD and CDT, this subject experienced a substantial decrease in pain and edema while making gains in knee ROM, short duration walking speed, walking endurance, stair climbing speed and power. Improvement was also demonstrated on the WOMAC scale, a disease specific quality of life questionnaire. Further gains were made after



Figure 3. Right knee before and after 6 weeks of MLD and CDT

wearing compression stockings 3 more weeks. For this client, MLD and CDT appear to be effective in reducing residual edema, pain, and improving functional outcomes even 14 months after undergoing a TKA. Further studies are indicated to investigate this relationship further.

Outcome Measure	Initial value	Week 6	Week 9	Normal Values
Knee ROM (degrees)				
Flexion	102	111	112	109.8+/-5*
Extension	5	-2	-2	1.1+/- 2.6*
Strength (MMT) Quadriceps	4-/5	4+/5	5/5	
VAS Pain Scale-pain walking	5-7/10	0/10	0/10	
VAS Satisfaction Score (mm)	57/78	58/78	60/78	
Gait Speed: 10 Meter Walk (m/s)	.93	1.29	1.32	1.29**
Endurance 6 Min Walk (m)	169	275	321	571+/-90***
Stair Climbing Power (watts)	71.6	78.9	201	
WOMAC Scale	74/96	43/96	32/96	72.7+/-20.6*

Figure 4 : Changes in Functional Outcomes

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- ***Bade et al, Outcomes before and after TKA compared to healthy adults, Jour of Orth & Sports PT, 2010, 40 (9), 559-567 §

Dr. Vodder School - International Therapist Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Basic (5 day)</u>					
	5-Mar-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	16-Mar-12	Wilmington, DE	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	22-Mar-12	Naugatuck, CT	Deborah McMahon, LMT	Kathy Fleming	phone: (203) 768-4152; email: deborahenergy@gmail.com
	26-Mar-12	New York, NY	New York Open Center	Kathy Fleming	phone:212.219.2527ext:2; email: info@opencenter.org
	4-Apr-12	Taipei, Taiwan	YuanLiu School	Robert Harris	phone:886-2-2781-0781; email: aromata@gmail.com
	10-Apr-12	Victoria, BC	*Dr. Vodder School International	Catherine DiCecca	phone:(800) 522-9862; email: Info@vodderschool.com
	13-Apr-12	Evansville, IN	Bodyworks Massage Institute	Kathy Fleming	phone:812-490-9009; email: cecilemartin613@gmail.com
	28-Apr-12	Halifax, NS	Sandra MacDonald	Sandra MacDonald	phone:902-421-7549; email: aj244@chebucto.ns.ca
	29-Apr-12	Providence, RI	RI-AMTA	Anne Bramham	phone:401-829-0293; email: justbreathmassage2@yahoo.com
	30-Apr-12	Anchorage, AK	APTAK	Hildegard Wittlinger	phone:(907) 376-8590; email: MLD@aptak.com
	26-May-12	Toronto, ON	Dr. Vodder School International	Sandra MacDonald	phone:(800) 522-9862; email: info@vodderschool.com
	18-Jun-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	9-Jul-12	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email: info@astecc.com
	9-Jul-12	Perth, WA	Belinda Bolitho	Janet Douglass	phone:0412 016 456; email: belinda@abouttransformation.com.au
	13-Jul-12	Washington, DC	Potomac Massage Training Institute	Gay Lee Gulbrandson	phone:202-686-7046 x113x113; email:tfisher@pmti.org
	18-Jul-12	San Diego, CA	Beauty Kliniek - Linda Anne	Kathryn Thrift	phone:619-525-7791; email:info@beautykliniek.com
	6-Aug-12	Adelaide, SA	Jan Douglass	Janet Douglass	phone:0419 848 589; email:jandouglass@bettanet.com.au
	10-Oct-12	Houston, TX	Cayce/Reilly School of Massotherapy	Kathryn Thrift	phone:757-428-3588x7285; email:karen.meade@edgarcayce.org
	15-Oct-12	Victoria, BC	*Dr. Vodder School International	Linda (Koby) Blanchfield	phone:(800) 522-9862; email:info@vodderschool.com
	5-Nov-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email:GayLee@VodderMLD.com
	7-Nov-12	Melbourne, VIC	Janet Douglass	Janet Douglass	phone:0419 848 589; email:jandouglass@bettanet.com.au

* denotes consecutive class

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Dr. Vodder School - International Therapist Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Basic French (5 day)</u>					
	7-Mar-12	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.ca
	2-Jun-12	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.ca
<u>Basic Course Review - already completed the Basic 5 day</u>					
	21-Apr-12	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email:GayLee@VodderMLD.com
	12-Apr-12	Anchorage, AK	APTAK	Hildegard Wittlinger	phone:(907) 376-8590; email:MLD@aptak.com
	12-May-12	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email:GayLee@VodderMLD.com
	16-Jun-12	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email:GayLee@VodderMLD.com
	15-Sep-12	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email:GayLee@VodderMLD.com
<u>Therapy I (5 day)</u>					
	3-Mar-12	Toronto, ON	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	21-Mar-12	Dallas, TX	Hands on Therapy	Kathryn Thrift	phone:972-285-6133; email:sales@handsontherapyschools.com
	2-Apr-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email:GayLee@VodderMLD.com
	11-Apr-12	Virginia Beach, VA	Cayce/Reilly School of Massetotherapy	Kathryn Thrift	phone:757-428-3588x7285; email:karen.meade@edgarcayce.org
	15-Apr-12	San Diego, CA	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	16-Apr-12	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	23-Apr-12	Northampton, MA	Therapeutic Lymphatic Consulting - Kathy	Kathy Fleming	phone:413 2102414; email: kjfmlcpt@aol.com
	7-May-12	Anchorage, AK	APTAK	Hildegard Wittlinger	phone:(907) 376-8590; email:MLD@aptak.com
	22-Jun-12	Toronto, ON	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	15-Jul-12	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	16-Jul-12	Perth, WA	Belinda Bolitho	Janet Douglass	phone:0412 016 456; email: belinda@abouttransformation.com.au
	25-Jul-12	San Diego, CA	Beauty Kliniek - Linda Anne	Kathryn Thrift	phone:619-525-7791; email: info@beautykliniek.com
	13-Aug-12	Adelaide, SA	Jan Douglass	Janet Douglass	phone:0419 848 589; email:jandouglass@bettanet.com.au

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<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Therapy I (5 day) Cont'd</u>					
	24-Sep-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	29-Sep-12	Halifax, NS	Sandra MacDonald	Linda (Koby) Blanchfield	phone:902-421-7549; email:aj244@chebucto.ns.ca
	22-Oct-12	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	7-Nov-12	Virginia Beach, VA	Cayce/Reilly School of Massotherapy	Kathryn Thrift	phone:757-428-3588x7285; email:karen.meade@edgarcayce.org
	14-Nov-12	Melbourne, VIC	Jan Douglass	Janet Douglass	phone:0419 848 589; email:jandouglass@bettanet.com.au
<u>Therapy I French (5 day)</u>					
	7-Jul-12	Montreal, QC	Institut Kine Concept	Marie-Christine Sansoube	phone:514-272-5463; email:info@kineconcept.ca
<u>Therapy II & III (10 day)</u>					
	23-Apr-12	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	29-Apr-12	Tokyo, Japan	Cancer Insititute Hospital of JFCR	Andreas Wittlinger	email:kuniko.utsugi@jfcr.or.jp
	21-May-12	Stowe, VT	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	20-Jun-12	Walchsee, Austria	Dr. Vodder Schule Austria	Hildegard Wittlinger	phone:+43 (0)5374 5245-0 ; email: office@wittlinger-therapiezentrum.com
	6-Jul-12	Toronto, ON	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	10-Sep-12	Dallas, TX	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	29-Oct-12	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	21-Nov-12	Melbourne, VIC	Janet Douglass	Janet Douglass	phone:0419 848 589 ; email:jandouglass@bettanet.com.au
<u>Therapy II & III French (10 day)</u>					
	20-Aug-12	Montreal, QC	Institut Kine Concept	Monica Coggiola	phone:514-272-5463; email: info@kineconcept.com
<u>Vodder Review / Recertification (3 day)</u>					
	21-Apr-12	Victoria, BC	*Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	18-May-12	Stowe, VT	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	2-Jul-12	Walchsee, Austria	Dr. Vodder Schule Austria	Hildegard Wittlinger	phone:+43 (0)5374 5245-0 ; email: office@wittlinger-therapiezentrum.com

*denotes consecutive class

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Dr. Vodder School - International Therapist Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Vodder Review / Recertification (3 day) Cont'd</u>					
	13-Jul-12	Toronto, ON	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	9-Sep-12	Dallas, TX	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	24-Nov-12	Melbourne, VIC	Deb Bower	Robert Harris	phone:0418 551 546; email: debs@rabbit.com.au

Advanced Courses

(at least 135 hours of MLD training required)

<u>Advanced Creative Bandaging (1 day)</u>					
	20-May-12	Stowe, VT	Dr. Vodder School International	Renee Romero	phone:(800) 522-9862; email: info@vodderschool.com
<u>Elastic taping / Coopee Test (1 day)</u>					
	24-Apr-12	Victoria, BC	Dr. Vodder School International	Ruth Coopee	phone:(800) 522-9862; email: info@vodderschool.com
	21-May-12	Stowe, VT	Dr. Vodder School International	Ruth Coopee	phone:(800) 522-9862; email: info@vodderschool.com
	16-Jul-12	Toronto, ON	Dr. Vodder School International	Ruth Coopee	phone:(800) 522-9862; email: info@vodderschool.com
	4-Sep-12	Dallas, TX	Dr. Vodder School International	Ruth Coopee	phone:(800) 522-9862; email: info@vodderschool.com
<u>The Conscious Clinician (1 day)</u>					
	20-Apr-12	Victoria, BC	Dr. Vodder School International	Sara Nelson	phone:(800) 522-9862; email: info@vodderschool.com
	17-May-12	Stowe, VT	Dr. Vodder School International	Sara Nelson	phone:(800) 522-9862; email: info@vodderschool.com
	4-Sep-12	Dallas, TX	Dr. Vodder School International	Sara Nelson	phone:(800) 522-9862; email: info@vodderschool.com

Spa Body / Wellness Classes

(Available to MTs working in a Spa or Medical Spa Environment and have already completed the Basic class)

	15-Apr-12	San Diego, CA	The Bramham Institute/ ASTECC	Anne Bramham	phone: 877-900-0086; email: info@astecc.com
	12-Jun-12	Deer Valley, UT	The Bramham Institute/ ASTECC	Anne Bramham	phone: 877-900-0086; email: info@astecc.com
	15-Jul-12	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com

* denotes consecutive class

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Dr. Vodder School - International Esthetician Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Basic Body (5 day)</u>					
	4-Apr-12	Taipei, Taiwan	YuanLiu School	Robert Harris	phone:886-2-2781-0781; email:aromata@gmail.com
	29-Apr-12	Providence, RI	RI-AMTA	Anne Bramham	phone:401-829-0293; email: justbreathmassage2@yahoo.com
	9-Jul-12	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
<u>Basic Neck & Face (3 day)</u>					
	15-May-12	Cork, Ireland	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	18-May-12	Wilmington, DE	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849-1388; email:gaylee@voddermld.com
	24-Jun-12	New York, NY	The Bramham Institute/ ASTECC*	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	22-Oct-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849-1388; email:gaylee@voddermld.com
<u>Advanced Neck & Face (3 day)</u>					
	18-May-12	Cork, Ireland	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	20-May-12	Wilmington, DE	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849-1388; email:gaylee@voddermld.com
	4-Jun-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849-1388; email:gaylee@voddermld.com
	26-Jun-12	New York, NY	The Bramham Institute/ ASTECC*	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	24-Oct-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849-1388; email:gaylee@voddermld.com
<u>Advanced Neck & Face Review</u>					
	29-Jun-12	New York, NY	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com

*denotes consecutive class

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