



VOLUME 4 ISSUE 1

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Editorial

Robert Harris, HND, RMT, CLT-LANA

It was great to see the first lymphology conference organised by the Dr. Vodder Academy in Austria take place in January. We look forward to more such events as the Vodder method continues to grow. This edition also includes some tips on hand bandaging and a reference to some positive news about MLD research. We will be discussing this research at the 2013 Review classes. §

Lymphology Conference, Walchsee, Austria, January 11 & 12, 2013

Reported by Robert Harris

The first lymphology conference in Walchsee was held in the conference rooms next to the Dr. Vodder Akademie and Clinic. Organised by the Dr. Vodder Society of MLD, the Wittlingers and in cooperation with the Austrian Society for Lymphology (OGL), approximately 100 therapists, physicians, researchers and industry exhibitors attended this German-language conference. The warm hospitality of the Wittlinger family combined with a beautiful environment (and some fresh snow!), enabled a very successful and smoothly organised conference to proceed.



Maria, Dieter, Katrin and Hildegard

The conference was divided into two days. The first day enabled participants to attend workshops in Elastic Taping, Hivamat, Bandaging, Garment Fitting, as well as a refresher course in MLD techniques. The second day was devoted to lectures in the morning, a snow break after lunch and then more lectures in the late afternoon.

Prof. Dr. Brenner of the University of Innsbruck and chairman of the OGL opened the conference along with the mayor of Walchsee (Dieter Wittlinger). Here is a short summary of the presentations made at the conference:

Present day situation of lymphedema care

Dr. Doller: Lymphology Centre, Wolfsberg, Austria reported that in Austria, 42% of patients with lymphedema have cancer - related lymphedema. There are approximately 330 new lymphedema patients per year in Austria. He stated that only a psychosocially stable patient can look after themselves, hence the importance of addressing the



Snowshoeing

whole patient with a multi-disciplinarily approach. Dr. Doller emphasised the importance of stabilizing co-morbidities in order to get a better result with patients.

Dr. Schingale: LymphOpt Centre, Pommelsbrunn, Germany stated that in Germany the prevalence of primary lymphedema in the general population is about 1.8% (1.1% men and 2.4% women), and secondary lymphedema is approximately double that figure. There are 12 inpatient clinics in Germany providing about 698 hospital beds dedicated to lymphedema management. Of these about 60 beds are for acute patients and 638 for rehabilitation, some state funded and some private. Many more treatment options are available in outpatient clinics in Germany and Dr. Schingale estimates that there are about 60,000 trained CDT therapists throughout the country. He raised the question, when should inpatient treatment be considered? He gave the following criteria: Stage 3 lymphedema, lymphedema with chylous reflux, lymphedema on more than one body part, erysipelas (cellulitis), lymphocele, and children under 10 years of age. At his clinic they supplement CDT with various technologies such as ozone therapy, infra red, compression pumps and soft laser.

Dr. Wagner: Switzerland estimated there are 41 inpatient rehabilitation clinics in Switzerland offering lymphedema management. He found greater compliance from patients when they are involved and understand their condition. At his clinic they attend an info hour, learn self bandaging and self drainage, receive physiotherapy for muscle imbalances, CDT,



Lymphology Conference, Walchsee, Austria

Cont'd from page 1

aqua therapy (< 28 °C), clinical psychotherapy and compression therapy. He also outlined the problems faced by medical massage therapists who are often very well trained but unable to receive state funding versus physiotherapists who may or may not be trained in lymphedema management but receive state funding.

Dr. Wohlgenannt: Innsbruck, Austria works for the national department of public health and outlined the state of outpatient care in Austria, which is fraught with challenges.

Measuring and Diagnostics

Dr. Heim: Wittlinger Therapiezentrum, Walchsee, Austria



discussed some of the common mistakes made in measuring patients with lymphedema. She referred to a 2003 study from Dr. Schuchhardt (Freiburg, Germany and current president of the German Society of Lymphology). The study found that in arm measurements

the inter-operator error in measuring was 2.3% for water displacement, 3.0% for tape measure and 3.0% for the perometer.

R. Gow, PhD: Impedimed, Germany discussed the use of bioimpedance as an alternative to the perometer in early detection of fluid in patients with lymphedema or developing lymphedema. While there are limitations in using bioimpedance in advanced stages, there appears to be a lot more sensitivity in earlier detection of a developing lymphedema.

J. Bosman PT: Groningen, Holland described the Indurometer which is the electronic version of the Tonometer and has been developed by Flinders Medical Centre in Australia. This new device is almost ready for production, can be used to measure degree of fibrosis and unlike the Tonometer, does not have to be held in a vertical position. It uses a small electronically-driven plunger and gives an electronic read-out on a screen that can be linked via blue-tooth technology to a computer.

Prof. Weissleder: Freiburg, Germany described the



use of Indocyanine Green (ICG) technology in imaging the superficial lymph system. Using infra red cameras to a depth of 2 cm, ICG can provide some valuable information about the lymph vessel morphology using one camera, or about their function using two cameras. This

promising imaging method has been studied in Houston (see September 2012 issue of Therapy News).

Guenther Wittlinger Prize. Each year nominations are made for recipients of this prize given in memory of the co-founder of the Dr. Vodder School and Clinic in Austria. One of the recipients this year (1500 Euros) was *T. Seitz, BSc: Innsbruck, Austria* who did a



literature search as part of his Bachelors degree on the efficacy of MLD in treating patients with secondary lymphedema. He used a Pedro Scale to determine if the studies were acceptable or not and found that most studies had a poor score.

Therapy themes

Dr. Ramoser: Norderney, Germany described a technique used to map the lymphatics in skin using an antibody marker, specific to lymphatic endothelial cells (D2-40). In a controlled experiment on four human corpses, she took skin samples at varying depths from multiple positions over the body. She then labelled the samples with the marker and was able to identify the different types of lymph vessels found at each level and in each area.

J. Hahn PT: Lymphologic, Saarbrücken, Germany gave an interesting talk on outpatient care of children with CDT. She stressed the importance of getting children involved with their treatment in order to get good outcomes. Having the parents involved by thoroughly explaining to them the anatomy and physiology, precautions, MLD and bandaging techniques, helps in the long term home management of the child's condition. Assessing the child for any motor development problems (to their age) can help determine appropriate treatment. At the first meeting with child and parents, Hahn recommended not providing any treatment rather use the session to educate and get to know the family and very important, establish a good relationship with the child. In subsequent therapy sessions, the therapists should treat as long as possible but it may only last 20 minutes. Getting the child involved in therapy really helps, such as letting the child do the bandaging (if age-appropriate), unwrapping and rolling the bandages on their own, wrapping a doll or doing decongestive exercises on a doll. The pressure of MLD should be lighter and use less pressure when wrapping children with softer bandaging materials. Compression bandages should be worn only for a few hours at a

Highlights from the first Dr. Vodder conference in Walchsee...

time and changed 2—3 times per day. After age 3, children can wear compression garments because they are able to give feedback and she recommended no greater than class 2 and change every 3 months due to rapid growth in childhood.

J. Bosman, PT talked about lymph taping and described her research with Prof. Piller from Flinders University, Adelaide, Australia using this method in the treatment of post breast cancer surgery related seroma (see September 2010 issue of Therapy News). She reported that between 10 – 80% of these patients will develop seroma and given that there are 1.3 million cases of breast cancer reported each year worldwide, a significant number will go on to develop seroma. In the study 4 patients with seroma were taped on day 1, 5, 9 and 16 after surgery and 4 served as a

control with no taping. She reported a significant improvement for those with taping.

Dr. Martin: Foldi Clinic, Hinterartzen, Germany gave a talk on how compression therapy is more than decongestion and lymphedema is more than fluid accumulation. He described how correctly applied bandages increase blood flow in veins, decrease ultrafiltration and increase resorption into blood capillaries. In his studies he found that the bandage compression pressure decreases from 64 mm/Hg to 30 mm/Hg over the course of 5 hours. Skin temperature rises under bandages but with no observable effects. He found that the subcutis skin thickness decreases after CDT along with a reduction in inflammatory markers.§



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2014 conference planned for Walchsee

Following up on the success of the 2013 conference, a second conference is being planned for the summer of 2014. The plan is to alternate between a winter conference and a summer conference every 18 months. I am hoping that the summer conference, planned for July 4th and 5th, 2014 will have some lectures in

English enabling many more English-speaking participants to experience some excellent presentations and workshops as well as the beautiful surroundings of Walchsee.

Robert Harris, CI, HND, RMT, Senior instructor & Director of the Dr. Vodder School-International §

Hand Bandaging: a different way to use foam underpadding

We are now teaching a new way to bandage the hand using a 5 cm width, high density, breathable foam. This is easier to apply than the hand cut-out foam piece (H shape) or the 10 cm width foam with a hole cut-out for the thumb. We will show this at the Review classes and eventually have a new DVD for bandaging but in the meantime here are some simple steps to follow if you want to try this:

- 1) Begin with the hand in supination and angle the foam from the little finger to the wrist, proximal to the thumb.



- 2) With the hand in pronation, continue around the back of the hand, over the metacarpals.



- 3) Wrap the foam distal to the thumb between the thumb and index finger.



- 4) Continue over the back of the hand closing the metacarpal heads.



- 5) Wrap over the palmar surface and continue proximal to the thumb and over the wrist and arm with 50% overlap.§



...compression therapy is more than decongestion and lymphedema is more than fluid accumulation.



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Articles

Efficacy of Manual Lymphatic Drainage in Preventing Secondary Lymphedema after Breast Cancer Surgery: Zimmerman, A et. al. *Lymphology* 45 (2012) 103-112. 67 women who underwent breast cancer surgery were divided into a control group of 34 and a treatment group of 33 who received MLD from

the second day after surgery, 5 x a day for two weeks and then twice a week for 6 months. Both groups received exercises for the limb and chest physical therapy. The authors concluded that MLD applied immediately after surgery prevented secondary LE of the arm. §

Conferences 2013/2014

International Society of Lymphology (ISL)
September 16 – 20, 2013, Rome, Italy.
www.lymphology2013.com

British Lymphology Association (BLS)
October 6 – 8, 2013, Birmingham, UK
www.thebls.com/conference/index.php

Australasian Lymphology Association (ALA)
April 3-5, 2014, Auckland, New Zealand.
<http://lymphology.asn.au/new/conferences.php>

National Lymphedema Network (NLN)
September 4 – 7, 2014, Washington, DC, USA
<http://www.lymphnet.org/> §

Professional Liability Insurance

By Barbara Stegmann

The American Massage Council which is advertised in *Massage Today* does not cover CDT Combined Decongestive Therapy as part of their insurance package. It does cover Dr. Vodder's Manual Lymph

Drainage but not CDT. Be sure to ask questions when obtaining professional liability insurance if you are not sure exactly what they will cover and what they will not. §

Passing of two Vodder therapists

Cath Russell, BPT, MLD/CDT passed away in Winnipeg on February 12, 2013. She was a pioneer in lymphedema care, being the second Vodder certified therapist in Manitoba. She started her work in the physiotherapy department at Misericordia Hospital, and later managed the post-mastectomy lymphedema program with Breast Health. Fellow therapists are very aware of the influence she had on our professional community. Our condolences go out to her family. (Sent by Edith Mulhall RN)

Anna Daneta Lyon 8/16/50 – 5/23/12. It is with great sadness that I am reporting the death of Anna Lyon from Sydney, Australia in May last year. Anna was an inspiring and happy Vodder therapist who saw the positive in many of her life experiences and sadly succumbed to cancer after a short battle. Our thoughts and prayers go out to her family. §

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>					
	20-Feb-13	Toronto, ON	*Dr. Vodder School International	Sandra MacDonald	phone:(800) 522-9862; email: info@vodderschool.com
	20-Feb-13	Virginia Beach, VA	Cayce-Reilly School of Massotherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarcayce.org
	4-Mar-13	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849 1388; email:GayLee@VodderMLD.com
	22-Mar-13	Wilmington, DE	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849 1388; email:GayLee@VodderMLD.com
	27-Mar-13	Taipei, Taiwan	YuanLiu School, Gloria Yuan	Robert Harris	phone:886-2-2781-0781; email: aromata@gmail.com
	4-Apr-13	Wilmington, NC	Juul Bruin	Kathryn Thrift	phone:910-547-0399; email:juulbruin@aol.com
	6-Apr-13	Victoria, BC	*Dr. Vodder School International	Catherine DiCecca	phone:(800) 522-9862; email: info@vodderschool.com
	19-Apr-13	Washington, DC	Potomac Massage Training Institute	Gay Lee Gulbrandson	phone:202-686-7046 x113; email: tfisher@pmti.org
	29-Apr-13	Anchorage, AK	Advanced Physical Therapy	Hildegard Wittlinger	phone: (907) 376- 8590 ; email: _MLD@aptak.com
	29-Apr-13	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	24-May-13	Fredericton, NB	Denise Drisdelle	Denise Drisdelle	phone:604-872-1675; email: denisedrisdelle@hotmail.com
	1-Jun-13	Calgary, AB	Mt. Royal University	Linda (Koby) Blanchfield	phone:403-440-5554; email: cche@mtroyal.ca
	24-Jun-13	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849 1388; email:GayLee@VodderMLD.com
	22-Jul-13	Sydney, NSW	Moving Lymph Pty Ltd	Jan Douglass	phone:+61419848589; email: jan@movinglymph.com
	18-Sep-13	San Diego, CA	Beauty Kliniek - Linda-Anne	Kathryn Thrift	phone:619-525-7791; email: info@beautykliniek.com
	23-Sep-13	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849 1388; email: GayLee@VodderMLD.com
	9-Oct-13	Houston, TX	Cayce-Reilly School of Massotherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarcayce.org
	17-Oct-13	Victoria, BC	*Dr. Vodder School International	Linda (Koby) Blanchfield	phone:(800) 522-9862; email: info@vodderschool.com
	13-Jan-14	Perth, WA	Belinda Bolitho	Jan Douglass	phone:+61412016456; email: belinda@abouttransformation.com.au
	2-Apr-14	Winnipeg, MB	Denise Drisdelle	Denise Drisdelle	phone:604-872-1675; email: denisedrisdelle@hotmail.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>Basic French (5 day)</u>					
	27-Feb-13	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.com
	12-Apr-13	Rimouski, QC	École de massothérapie Équilibre et Détente	Michel Eid	phone:(418) 723-1586; email:info@equilibreetdetente.com
	8-Jun-13	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.com
<u>Basic Course Review - already completed the Basic 5 day</u>					
	16-Mar-13	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	13-Apr-13	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	15-Jun-13	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	20-Jul-13	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	19-Oct-13	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	16-Nov-13	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
<u>Therapy I (5 day)</u>					
	2-Mar-13	Toronto, ON	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	20-Mar-13	San Diego, CA	Beauty Kliniek - Linda-Anne	Kathryn Thrift	phone:619-525-7791; email:info@beautykliniek.com
	2-Apr-13	Taipei, Taiwan	YuanLiu School, Gloria Yuan	Robert Harris	phone:886-2-2781-0781; email: aromata@gmail.com
	13-Apr-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	17-Apr-13	Virginia Beach, VA	Cayce/Reilly School of Masseotherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarcayce.org
	26-Apr-13	Evansville, IN	Bodyworks Massage Institute	Kathy Fleming	phone:812-490-9009; email: cecilemartin613@gmail.com
	5-May-13	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	6-May-13	Anchorage, AK	Advanced Physical Therapy	Hildegard Wittlinger	phone: (907) 376- 8590 ; email: MLD@aptak.com
	6-May-13	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849 1388; email:GayLee@VodderMLD.com
	26-Jul-13	Washington, DC	Potomac Massage Training Institute	Gay Lee Gulbrandson	phone:202-686-7046 x113; email: tfisher@pmti.org

*denotes consecutive class

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Dr. Vodder School - International Therapist Schedule

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<u>Therapy I (5 day) Cont'd</u>					
	29-Jul-13	Sydney, NSW	Moving Lymph Pty Ltd	Jan Douglass	phone:+61419848589; email: jan@movinglymph.com
	25-Sep-13	San Diego, CA	Beauty Kliniek - Linda-Anne	Kathryn Thrift	phone:619-525-7791; email:info@beautykliniek.com
	24-Oct-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	4-Nov-13	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510 849 1388; email:GayLee@VodderMLD.com
	13-Nov-13	Houston, TX	Cayce-Reilly School of Massotherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarcayce.org
	17-Nov-13	Singapore	SGH - Joyce Lee	Robert Harris	phone:65762708; email:joyce.lee.g.l@sgh.com.sg
	20-Jan-14	Perth, WA	Belinda Bolitho	Jan Douglass	phone:+61412016456; email: belinda@abouttransformation.com.au
<u>Therapy I French (5 day)</u>					
	6-Jul-13	Montreal, QC	Institut Kine Concept	Marie-Christine Sansoube	phone:514-272-5463; email:info@kineconcept.com
<u>Therapy II & III (10 day)</u>					
	22-Apr-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	20-May-13	Stowe, VT	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	15-June-13	Toronto, ON	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	17-Jun-13	Walchsee, Austria	Dr. Vodder Schule Austria	Hildegard Wittlinger	phone:+43 (0)5374 5245-0 ; email:office@wittlinger-therapiezentrum.com
	5-Aug-13	Sydney, NSW	Jan Douglass RMT BHSc (Hons)	Linda (Koby) Blanchfield	phone:+61 419 848 589; email: jandouglass@bettanet.com.au
	31-Oct-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	24-Nov-13	Singapore	SGH - Joyce Lee	Robert Harris	phone:65762708; email:joyce.lee.g.l@sgh.com.sg
<u>Vodder Review / Recertification (3 day)</u>					
	12-Apr-13	Melbourne, VIC	Deb Bower	Robert Harris	phone:0418 551 546; email: debs@rabbit.com.au
	20-Apr-13	Victoria, BC	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	17-May-13	Stowe, VT	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com

* denotes consecutive class

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Dr. Vodder School - International Therapist Schedule

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<u>Vodder Review / Recertification (3 day) Cont'd</u>					
	21-June-13	Toronto, ON	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	28-June-13	Winnipeg, MB	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	1-Jul-13	Walchsee, Austria	Dr. Vodder Schule Austria	Hildegard Wittlinger	phone:+43 (0)5374 5245-0 ; email: office@wittlinger-therapiezentrum.com
	28-Aug-13	Halifax, NS	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	27-Sept-13	Scottsdale, AZ	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	24-Nov-13	Singapore	SGH - Joyce Lee	Robert Harris	phone:65762708; email:joyce.lee.g.l@sgh.com.sg
<u>Vodder Review / Recertification French (3 day)</u>					
	24-Aug-13	Montreal, QC	Dr. Vodder School International	Robert Harris	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)

<u>Spa Body Wellness (6 days)</u>					
	5-May-13	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
<u>Spa Body Wellness Review (1 day)</u>					
	13-May-13	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 Method of MLD	\$20
Arm Lymphedema – Exercise	\$25
Leg Lymphedema - Exercise	\$25
<i>Two or more - Exercise DVDs (each)</i>	\$20
 <u>BOOKS</u>	
Dr. Vodder's Manual Lymph Drainage: A Practical Guide	\$75
Compendium of Dr. Vodder's Manual Lymph Drainage	\$49
Lymphedema Diagnosis and Therapy*	\$69
 <u>VITAL ESSENCE CD ROMS</u>	
Vital Essence (Health Care Practitioners)	\$80
Vital Essence (Patients)	\$65

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