

# Types of Lymph Drainage Education

## Applications of Manual Lymph Drainage

1. **Activate Fluid Circulation**, for
  - ❖ Edema, Created By Static Malfunction Of The Vessels Or Dynamic Excess Of Fluids
  - ❖ Sports Recovery
  - ❖ Fluid Imbalance
  - ❖ Treatment Of Chronic Inflammatory Conditions
  - ❖ Adjunct Treatment For Varicose Veins
  - ❖ Healing Of Contusions
2. **Drain Toxins, Fat, Proteins (Macromolecules) Emotions?**
3. **Stimulate Immune System** - Decrease Itis's
4. **Stimulate Parasympathetic System**
5. **Analgesic Anti-Pain Action**
6. **Anti-Spasm**

## Overall Contraindications

1. All Malignant Diseases
2. All Acute Infections
3. Recent Thrombosis
4. Cardiac Insufficiency

The therapist is directed to speak directly with the patients physician in order to provide and LD care if any contraindications or concern arises. First do no harm.

## Relative contraindications

1. Hyperactive Thyroid: Avoid The Area Of The Thyroid
2. Old Thrombosis: Use Very Gentle Applications
3. Asthmatic Bronchial Attacks: Because Of The Stimulation Of The Vagus Nerve, Omit The Sternal Area
4. Lymphatic Nodes Once Affected By Tuberculosis: Avoid Reactivating
5. Low Blood Pressure: Avoid Whole Body Treatments Start With Small Areas

# Key Historical Information about Lymphatic Drainage

Emile Fodor 1896 to 1986 was a Danish massage practitioner and Dr. Of philosophy (1928). He developed a process manual technique for lymph drainage notice and LD between 1932 and 1936 and South France.

It was not until 1967 that the German physician Johannes Asdonk, MD, scientifically tested the technique in his clinic on 20,000 patients and established its metal Koufax and indications/contraindications.

A 1995 pathology study on edema showed pressure more than 1 ounce will break lymph vessels.

Today in Europe lymphatic drainage is commonly used in hospitals, is prescribed by M.D.s, and is reimbursed by insurance. Limb file ideas are relatively new theoretical and clinical branch of medicine that studies the disorders of the lymphatic system.

The word lymph probably comes from the word "limpa", meaning limpid, clear.

# Key Anatomical Information about Lymphatic Fluid and Lymph Vessels

1. Lymph fluid is like an egg white, sticky and rubbery.
2. Nodes don't regenerate, vessels do. 24 to 48 hours approximately 100 percent in 14 days
3. In the ears we find perilymph, which is not really a lymph node or vessel. Here, lymph is interstitial.
4. Lymphatic drainage can release trigger points caused by stagnation of vessels tissues by gently carrying toxins away.
5. The body is comprised of
  - ❖ 60% water
    1. 5 % plasma
    2. 15 % lymph and interstitial fluids
    3. 40 % intracellular
  - ❖ 40% solid
6. When comparing circulatory lymphatic systems we can note that:
  - ❖ Blood is high velocity high-pressure system approximately 50 rotations per minute 30,000 gallons per day approximately 50 percent of proteins leak out of blood circulatory system.
  - ❖ Lymph is approximately 3 to 5 liters per day, has vacuum, and is the only system that can regain these proteins. The live system will open 67 times larger to absorb items/proteins when clogged it gets fibrotic like gel.
  - ❖ Proteins leak because interstitial cell pressure is negative pulling positive charges.