



## **Practical Lymphatic Drainage Full Body Agenda**

19 CE's  
rev 8/17/2007

### **Day One 1:00 pm – 6:00 pm**

Introduction, Course Overview, Scope of Practice for Therapists in this Course	60 minutes
Break	10 minutes
Anatomy And Physiology Of The Lymph And Circulatory Systems	90 minutes
Break	10 minutes
Practical Assessment of Lymph,	40 minutes
Demonstration Of Hands-On Thoracic Techniques	20 minutes
Break	10 minutes
Practice Of Hands-On Techniques	55 minutes
Course Summation	5 minutes

### **Day Two 9:00 – 5:00 pm**

Lymph Anatomy And Physiology: Vessels, Capillaries, Water Flow, Exchange of Fluids, Cellular Functions	50 minutes
Break	10 minutes
Properties Of Lymph And Cardiovascular Systems, Immune Functions	50 minutes
Break	10 minutes
Review Thoracic And Core Lymph Drainage Sequence	10 minutes
Practice Of Thoracic And Core Lymph Drainage Sequence	20 minutes
Vessel Locations Of Thoracic, Core, Neck, And Head Areas	60 minutes
Lunch	60 minutes
Review Of Vessel Locations And Lymph Drainage Patterns	30 minutes
Demonstrate Neck And Head Lymph Drainage Sequence	20 minutes
Practice Of Neck And Head Lymph Drainage Sequence	30 minutes
Break	10 minutes
Practice Of Neck And Head Lymph Drainage Sequence	30 minutes
Vessel Locations Of Axillary And Arm Areas	30 minutes
Demonstrate Axillary And Arm Lymph Drainage Sequence	10 minutes
Practice Of Axillary And Arm Lymph Drainage Sequence	50 minutes
Review Of Drainage Sequences	20 minutes
Overview Of Day Three – Recommended Reading	10 minutes

#### **Ishman BodyCare Center & Institute**

608 S. Washington Street, Naperville, Illinois 60540  
(630) 378-3768 Business Office (630) 355-5125 Appointments (630) 355-5186 Fax  
www.ibodycare.com ishman1@ibodycare.com



### **Day Three 9:00 – 5:00 pm**

Review Of Vessel Locations And Lymph Drainage Patterns	10 minutes
Vessel Locations Of Leg Areas	10 minutes
Demonstrate Leg Lymph Drainage Sequence	10 minutes
Practice Of Leg Lymph Drainage Sequence	30 minutes
Break	10 minutes
History And Application Of The Vodder Lymph Methodology (Video And Discussion)	50 minutes
Break	10 minutes
Health Intake Review	20 minutes
Indicated And Contraindicated Scenarios	40 minutes
Written Exercise – Vessel Directions And Lymph Flow	20 minutes
Lunch	60 minutes
Demonstrate Swelling Technique Sequence	10 minutes
Practice Swelling Technique Sequence	10 minutes
Guidelines For Specific Conditions	10 minutes
Participant Full-Body Hands-On Sequences: Practice And Evaluation	50 minutes
Break	10 minutes
Participant Full-Body Hands-On Sequences: Practice And Evaluation	50 minutes
Break	10 minutes
Outside Participant – Full-Body Hands-On Sequences: Practice And Evaluation	50 minutes
Closing And Course Evaluations	10 minutes

**Ishman BodyCare Center & Institute**

608 S. Washington Street, Naperville, Illinois 60540  
(630) 378-3768 Business Office (630) 355-5125 Appointments (630) 355-5186 Fax  
www.ibodycare.com ishman1@ibodycare.com