Minimum prerequisites for admission to Dr Vodder Ireland MLD courses

**Meadbh Mac Sweeney, Director of The Lymph Clinic, facilitates and teaches a postgraduate course in Manual Lymph Drainage (MLD)and Decongestive Lymphatic Therapy (DLT). The post-graduate training offered by the The Lymph Clinic is the only Dr Vodder certified programme on Manual Lymph Drainage in Ireland and Meadbh is the only certified teacher in the country.**

**Courses are open to qualified healthcare professionals, e.g. Nurses, Doctors, Physiotherapists, OccupationalTherapists, Physical Therapists, Osteopaths and experienced Massage Therapists (with a min of 260 hours training.)**

**Graphical user interface, website

Description automatically generatedHEALTH CARE PROFESSIONAL TRAINING**

**MEDICAL**

People with medical training such as doctor, nurse, chiropractor,   
osteopath,physiotherapist or registered massage therapist with a   
minimum 2200 hours of training. Evidence of your qualification and/or   
medical registration number need to be submitted with your completed   
application. Photocopies/ scans are acceptable.

**NON-MEDICAL**

People with other Massage Therapist training & qualification(s).   
The practical (hands on) element of the course must have been in the  
classroom or supervised for a minimum duration of 250 hours –

on-line is not acceptable from one institution. If home study and/ or   
case histories formed part of the course these must have been   
documented and submitted for assessment by the course provider.   
The exams must have been taken in person (not remotely on-line) and

passed.

The theory (anatomy, physiology and pathology) elements of the   
course must be for a minimum duration of 94 hours and may be in the

Required book for the course

is “Dr. Vodder Manual Lymph

Drainage; A Practical Guide”

by the Wittlinger’s which can

be purchased directly from the

Dr Vodder Akademie or from

Amazon

classroom or home-study (including on-line). The exams must have been   
taken in person (not remotely online) and passed.

Evidence of qualifications including course hours & delivery method(s)

(classroom, home study, case- histories etc) in the above categories (that is

hands on, anatomy, physiology & pathology) must accompany your application.

This information can usually be found in the syllabus. Photocopies/ scans are

acceptable.

If an applicant no longer has the details then the course provider(s) may be

able to supply a copy or letter of confirmation. Teachers are unable to carry out

enquiries or research on behalf of applicants.

Aromatherapists who have completed a nationally-recognised training are

allowed to take the Level I and Advanced Body classes but not to continue on to

the Level II or Level III classes

**LEVEL 1**

**Online theory instruction (8 hours plus self-study and reading, total: 30 hours approx.) This theory instruction may also be provided by the relevant teacher (8 hours ++, 12 UI).**

**CONTENTS OF TRAINING:**

* General anatomy and physiology of blood circulation
* General anatomy of the lymphatic vessels and lymph nodes;
* Indications and contraindications;
* Special anatomy of the main lymphatic vessels as

well as of the lymphatic systems of the various body regions and the skin;

* Physiology of the interstitial space, lymphatic system and lymphatic fluid:
* Extravascular circulation of blood proteins
* Exchange of matter and fluid in the terminal portions of pathways;
* Structure and function of the interstitial connective

tissue, physiology of interstitial exchange of matter,diffusion, osmosis, colloid osmosis, filtration, reabsorption, active cell transport process, permeability of blood capillaries

* Starling’s equilibrium;
* Physiology of the lymphatic system (drainage function, lymph formation, lymph-obligatory substances, lymph transport, transport capacity of the lymphatic system, defence and filter function); Lymphatic fluid, chyle;

INTEGRATIVE HEALTH & MLD TRAINING

**PRACTICAL INSTRUCTION (32 HOURS, 40 UI):**

* Principles of applying MLD;
* Massage techniques in MLD;
* Treatment of the various parts of the body (neck, face, arms, back, buttocks, chest, abdomen, legs, nape of neck).

**REVIEW OF LEVEL I (8 HOURS)**

The basic strokes for different body regions (neck, face, arms, legs, abdomen, breast and back) are repeated. Theory if required.

These Reviews are only open to Level I students.

Level II students and higher-level students may not participate.

**LEVEL 2**

**Online theory instruction (8 hours plus self-study and reading, total: 30 hours approx.) This theory instruction may also be provided by the relevant teacher (8 hours ++, 12 UI).**

**APPLIED MLD COURSE (32 HOURS, 40 UI)**

**PRACTICAL INSTRUCTION:**

* Repetition of basic concepts;
* Special strokes.
* Non-lymphedema related pathologies will be explained, e. g. ankle sprain, CRPS, sinusitis, whiplash, stroke, burns, scars, etc.
* Participants need to pass a practical exam at the end of Level II course to gain certification. If they fail, they need to repeat the failed portion of the exam. If they fail again, they need to retake the entire course (Level 2) and exam.

INTEGRATIVE HEALTH & MLD TRAINING

**REVIEW OF LEVEL 2 (12 HOURS OR 1.5 DAYS)**

* Repetition of Basic/Level I Course techniques on

various body regions;

* Repetition of all special strokes (face, shoulder, arm, hip, leg, deep abdomen, intercostal);
* Pathology discussion and theoretical instruction where required or upon request;

**Application Form**

You may fill out this form electronically and email it back to **meadbh@thelymphclinic.ie** if you

wish to pay by Bank Transfer (see course costs and payment section).

Please select your course.

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| LEVEL 1 |  | **1st - 5th September 2022** | LOCATION | **TBC** |
| LEVEL 2 |  | **1st - 4th October 2022** | VENUE | **TBC** |

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| Name |  | | | | | | | |
| Address Line 1 |  | | | | | | | |
| Address Line 2 |  | | | | | | | |
| Address Line 3 |  | | | | | | | |
| Telephone |  | | | | | | | |
| Email |  | | | | | | | |
| Profession |  | | | | | | | |
| POLO SHIRT | Female | **8** | **10** | **12** | **14** | **16** | **18** | **20** |
| Please indicate your size | Male | **S** | **M** | **L** | **XL** | **XXL** |  |  |

**QUALIFICATIONS**

Please email electronic copies of your qualifications to **meadbh@thelymphclinic.ie**. If applying by post, please send photocopies only.

**COURSE COSTS AND PAYMENT**

Cost is €950.00 for each course or €1800.00 for both courses when booked together. To reserve your place on the course a deposit of €400 is required on application. The balance must be paid in full no later than two weeks before course commencement. Deposits are NON-REFUNDABLE. Payment can be made by Bank Transfer or by sending a cheque, made payable to The Lymph Clinic. Bank transfers are preferred and can be made using the following details:

CHEQUES

**Cheques should be crossed and made payable to The Lymph Clinic**

BANK TRANSFER

Account Name: The Lymph Clinic Ltd.

Branch: AIB Western Road, Cork

NSC: 934194

Account Number: 30706069

BIC/Swift Code: AIB KIE 2D

IBAN: IE85 AIBK 934194 30706069

**PLEASE USE YOUR SURNAME AS REFERENCE**

REMEMBER TO ENCLOSE

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| --- | --- |
|  | **THIS COMPLETED FORM.** If returning by email please ensure all relevant fields are completed. |
|  | **COPY OF LAST REVIEW CERTIFICATE or L3**  **CERTIFICATE IF THIS IS YOUR FIRST REVIEW.**  Please send photocopies only. If submitting form by email please send electronic versions of your certificate. |
|  | **CHEQUE** or **BANK TRANSFER REFERENCE** |
|  | PLEASE TICK TO CONFIRM YOU HAVE READ REFUND POLICY |