

Oedeemtherapie Vodder Nederland / Oedeemtherapie ad modum Vodder

BASIC COURSE

Course Content: An intensive course involving extensive hands-on work. The basic strokes and their application to each body part are taught. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of MLD and contraindications. Lymphedemas are described with an emphasis on how MLD can affect them.

Hours: 10 hours theory and 30 hours practical. Total of 40 hours (actual teaching time, exclusive of breaks)

Prerequisites: Courses offered to licensed physiotherapists.

Materials: Textbook: Dr. Vodder's Manual Lymph Drainage, A Practical Guide H, D, A and M Wittlinger. DVD: Basic Video, printed Lecture Notes. Handouts

Instructor: Certified instructor with minimum 2 years experience as therapist and having undergone teacher training by Dr. Vodder School and passed Basic instructor theory and practical exam (Dutch course: Froukje Potijk, Andreas Wittlinger and Christine Heim).

DAY	Theory Topic	Practical Topic	Hours
1	History of MLD. Lymph vessel system anatomy and physiology, superficial and deep pathways, watersheds, anastomoses and lymph node anatomy.	Stationary Circles, neck and face treatment	T: 2 P: 6
2	Effects of MLD on systems in the body.	Pump and Scoop, arm and leg treatment	T: 2 P: 6
3	Connective tissue physiology, blood system fluid dynamics, forces at the blood capillary, Starling equilibrium	Rotary, nape, back and buttock treatment	T: 2 P: 6
4	Pathophysiology of the lymph system: Edema types and classification, contraindications	Chest and abdomen treatment	T: 2 P: 6
5	Research literature.	Practical review of full body treatment	T: 2 P: 6
Total			40

THERAPY I COURSE

Course Content: Practical sessions of this course include special techniques for the joints, head (including intra-oral), intercostal and deep abdominal work. Therapeutic applications are introduced. All Basic techniques and sequences are reviewed. Advanced theory and current research are discussed as well as a review of Basic theory. Theoretical and practical exams are given to test the student's competence in basic techniques and theory.

Hours: 9 hours theory, 27 hours practical + 4 hours exam. Total 40 hours (actual teaching time, exclusive of breaks).

Prerequisites: Courses offered to licensed physiotherapists. Completion of Basic course offered by Vodder School.

Materials: Textbook: Dr. Vodder's Manual Lymph Drainage, A Practical Guide H, D, A and M Wittlinger. DVD: Therapy I Video. Handouts.

Instructor: Certified instructor with minimum 4 years experience as therapist and experience teaching Basic classes. Undergone teacher training by Dr. Vodder School and passed Therapy I level instructor theory and practical exam (Dutch course: Froukje Potijk, Andreas Wittlinger and Christine Heim).

DAY	Theory Topic	Practical Topic	Hours
1	Detailed anatomy of lymph system with current research. Research literature. Pathways in head. Detail on watersheds. Theory exam.	Review Basic technique and sequence + additional techniques for head and face, including intra-oral	T: 2 P: 6
2	Review and in depth discussion of lymph composition, flow, fluid dynamics. Detailed description of Dutch guidelines on lymphedema, lipedema and ES breastcancer.	Review Basic technique and sequence + additional techniques for arm and leg joints	T: 3 P: 5
3	Detailed description of Lymphedema types, classification, grades, clinical effects and safety factors in tissues	Review Basic technique, sequences + additional techniques for shoulder and intercostal pathways	T: 2 P: 6
4	Review and discussion of effects of MLD and related indications, contraindications	Review Basic technique and sequence + additional techniques for hip joint and abdomen	T: 1.5 P: 6.5
5	Theory review.	Practical exam on Basic technique	T: 0.5

		Review of all additional techniques	P: 3.5 P: 4.0
Total			40

THERAPY II & III COURSE

Course Content: Successful completion of the Dr. Vodder School Therapy I exam enables the student to continue to these final two courses which are taught consecutively. They cover various pathologies with an emphasis on lymphedema treatment in the context of Combined Decongestive Therapy (CDT). The course has a problem-based learning approach, where participants are encouraged to cooperate with their peers to devise appropriate treatment plans. Compression bandaging, garments and specific MLD treatments are taught. At the end of the course, students take an oral, written and practical exam to demonstrate competence in techniques, treatment and bandaging. Students who successfully complete the examinations may then describe themselves as Vodder-certified MLD / CDT Therapists.

Hours: 23 hours theory, 48 hours practical and 9 hours of exams. Total of 80 hours (actual teaching time, exclusive of breaks).

Prerequisites: Courses offered to licensed physiotherapists. Completion of Therapy I course offered by Vodder School.

Materials: Textbooks: Compendium of Dr. Vodder's MLD, Renato Kasseroller MD and Lymphedema Diagnosis and Therapy, Horst Weissleder MD and Christian Schuchardt MD. Bandage Kit for compression bandaging. DVD: Edema treatment; printed Lecture Notes, handouts.

Instructors: Certified practical instructor with minimum experience teaching 10 Therapy I classes. Undergone teacher training by Dr. Vodder School and passed Therapy II and III level instructor theory and practical exams. Theoretical, pathology instruction is given by a physician/lymphologist experienced in lymphedema management who has trained with a Dr. Vodder School physician (Dutch course: Joyce Bosman, Andreas Wittlinger and Christine Heim).

(Therapy II: topics and times may vary slightly)

DAY	Theory Topic Major topics covered:	Practical Topic (Including related theory lecture)	Hours
1	Anatomy, physiology and patho-physiology. Lymphedema development Patient examples and slides. Contraindications. diagnostics, imaging, measuring and documentation. Cancer staging, treatment, complications.		T: 8
2	Related co-morbidities, idiopathic cyclical edema, chronic		T: 8

	regional pain syndrome. challenging cases, trunk edema, artificial lymphedema, brachial plexopathy, Stewart Treves syndrome. Therapy of lymphedema MLD, bandaging, exercise, skin care etc. early prevention of lymphedema. Charting and measuring. Pumps. Compression Garment. Psychological factors in treatment. Best practice guidelines and algorithms for decongestive treatments, minimum data sets, advocacy, reimbursement issues, access to care. Models of care, health care system considerations, continuing education models, review. Questions and Answers.		
3	Lymphotaping	Bandaging techniques for arm and leg lymphedema. Unilateral upper extremity lymphedema treatment. Real life patient 1 (case discussion sec. arm lymphedema)	T: 2 P: 6
4	Research literature	Head edema and related pathologies Unilateral lower extremity lymphedema treatment. Arm exercises. Real life patient 2 (case discussion lipedema)	T: 1 P: 7
5	Research literature.	Unilateral u/e lymphedema with complications + bandaging. Unilateral l/e lymphedema with complications + bandaging. Leg exercises.	T: 1 P: 7
Total			40

(Therapy III: topics and times may vary slightly)

DAY	Theory Topic	Practical Topic	Hours
1	Theory exam	Bilateral arm edema with complications. Scar treatment. Radiation burns. Ulcers + long stretch bandaging. Venous edema + bandaging Real life patient 3 (case discussion primary leg lymphedema)	P: 8

2	Garment fitting for lymphedema.	Primary l/e lymphedema with complications, Shoulder, elbow and wrist pathologies. Real life patient 4 (case discussion sec leg lymphedema)	T: 1.5 P: 6.5
3	Difference in compression materials.	Hip, knee, ankle pathologies. Down's syndrome, bronchitis, constipation etc. Real life patient 5 (sec. case discussion head/neck lymphedema)	T: 1,5 P: 6,5
4		Nervous system disorders. Mock O/P exam Practical review	P: 8
5		Practical exam: Basic technique and neck treatment. Pathology treatment. Compression bandaging (short stretch, long stretch).	P: 8
Total			40

TOTAL STUDY HOURS: 160