

Day 1: The history of lymphatic discovery 30min
The anatomy of the lymphatic system 1hr
The immune system 1hr
The Physiology of the lymphatics 1hr
Practical session : Surface anatomy 30min

Applied Pathology: lymphatic disorders 1hr
The neurolymphatic system and disorders Anatomy, physiology, applied pathology,
2hr

Questions & revision 30 min

Day 2

Practical Examination in the diagnosis of lymphatic disease including examination n of
spleen and liver 1hr

The Manual Treatment of lymphatic disorders: a review of all the main techniques used in the
past and present to help the practitioner and understand the different methods used around
the world from Vodder to Chikly. 1hr

Practical hands on Training on lymphatic treatments

1. Osteopathic treatment of 8 peripheral diaphragms 1hr
2. Stills cervical technique 15min
3. Miller Thoracic Pump 15 min
4. Millie Alternative Thoracic Pump 15
min
5. Pedal Pump 15min
6. Respiratory abdominal pump 15 min
7. Sutherlands Lymphatic techniques 15min
8. Zinc thoracic technique 15min
9. Effleurage 30min
10. Petrisage 30min
11. Vodder technique: the basics 15min
12. Abdominal and thoracic duct techniques and overview of day 30min

Questions & revision 30 min

Day 3 The Neuro-lymphatic (Glymphatic) system. Diagnosis 1hr

Live Patient example The initial consultation and diagnosis 2hrs

Practical training: Examination of patientrs with neurolymphatic disease. 1hr

Manual Treatment of conditions such as CFS/ME , Fibromyalgia and other
associated conditions such
as Lyme Disease with practical training. 2hrs

Other advice to patients with neurolymphatic disorders 1hr

Questions & revision 30 min