

Curriculum Oedeemtherapie Vodder Nederland / Oedeemtherapie ad modum Vodder 2020

Total study hours: 160

Online e-learning

Course Content: The online e-learning module is an easy-to-follow, online PowerPoint slide format prepared by physicians from the Dr. Vodder Academy. All students entering our training program will take this component first. This requires reading, studying and an exam which should take between 20 – 45 hours to complete. It will be available in English, German, French, Italian, Mandarin and Japanese. Successful completion of the exam enables continuation to Level 1 Practical.

Hours: 20-45 hours online theory (depends on student how long it takes to pass the exam).

Materials: Textbook: Dr. Vodder's Manual Lymph Drainage, A Practical Guide H, D, A and M Wittlinger. Access to online video's and lecture Notes (handouts).

Instructor: physicians from the Dr. Vodder Academy.

Theory Topic	Hours
History of MLD. Lymph vessel system anatomy and physiology, superficial and deep pathways, watersheds, anastomoses and lymph node anatomy.	2
Effects of MLD on systems in the body.	2
Connective tissue physiology, blood system fluid dynamics, forces at the blood capillary, Starling equilibrium	2
Pathophysiology of the lymph system: Edema types and classification, contraindications	2
Detailed anatomy of lymph system with current research. Research literature. Pathways in head. Detail on watersheds.	2

Review and in depth discussion of lymph composition, flow, fluid dynamics.	2
Detailed description of Lymphedema types, classification, grades, clinical effects and safety factors in tissues	2
Review and discussion of effects of MLD and related indications, contraindications	2
	16

Module 1

Course Content: An intensive course involving extensive hands-on work. The basic strokes and their application to each body part are taught.

Hours: 32 hours practical (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~~ Access to online video's and 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).

DAY	Theory Topic	Practical Topic	Hours
1	Introduction. Short recap of theory	Stationary Circles technique, neck and face treatment, pump, scoop technique. Leg treatment.	8
2	Explanation of techniques. Q&A	Pump and Scoop technique, arm treatment. Review face, neck, arm and leg treatment	8
3	Detailed description of Dutch guidelines on lymphedema, lipedema and ES breastcancer.	Rotary technique, nape, back and buttock treatment	8
4	Research literature.	Chest and abdomen treatment Review nape, neck and buttock treatment	8
Total			32

Module 2

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 module 1 techniques and sequences are reviewed. Advanced theory and current research are discussed as well as a review of the e-learning theory. Theoretical and practical exams are given to test the student's competence in basic techniques and theory. Special techniques are taught for treatment of conditions such as supination trauma for the ankle, knee arthroplasty, cruciate ligament repair, adhesive capsulitis and hip pathologies. A practical exam is given at the end of this course.

Hours: 32 hours practical (actual teaching time, exclusive of breaks) including 4 hours exam.

Prerequisites: Courses offered to licensed physiotherapists. Completion of e-learning and module 1 course offered by Vodder School.

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

Exams: Students who fail a practical exam get the opportunity to retest during the next course offered in the Netherlands. If they wish, they can also make agreements with the Vodder Akademie in Austria to retest in a different country (e.g. Germany, Austria).

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).

DAY	Theory Topic	Practical Topic	Hours
1	Introduction. Applications for head and neck: sinusitis, eye trauma, migraines, tinnitus, Menière syndrome, whiplash, stroke. Treatment of lateral or medial epicondylitis, distal radius fracture with early onset of CRPS.	Review Level 1 techniques and sequences + additional techniques for head and face, including intra-oral. Review Level 1 techniques and sequence + additional techniques for upper extremity.	8
2	Treatment of post knee arthroplasty and cruciate ligament	Review Level 1 techniques and sequence +	8

	repair, osteoarthritis of the knee, supination trauma of the ankle. Long stretch bandage theory. Treatment of shoulder dysfunction including adhesive capsulitis and periarthrosis humeroscapularis.	additional techniques for lower extremity. Ankle long-stretch bandage. Review Level 1 technique for nape of neck + additional techniques for the shoulder.	
3	Treatment of osteoarthritis of the hip joint, total hip replacement. Treatment of burns, Down syndrome.	Review Level 1 techniques and sequence for the buttocks + additional techniques for the hip. Review Level 1 techniques and sequences for the abdomen and chest + additional techniques.	8
4		Review additional Level 2 techniques. Exam in Basic techniques and one pathology.	8
Total			32

Module 3

Course Content: Successful completion of the Dr. Vodder School module 1 enables the student to continue to this final course. The course covers 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, exercises, self-management 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: 17 hours theory, 56 hours practical including exams. Total of 73 hours (actual teaching time, exclusive of breaks).

Prerequisites: Courses offered to licensed physiotherapists. Completion of module 1 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. Online video's: Edema treatment; printed Lecture Notes, handouts.

Exams: Students who fail a theory exam must wait a period of at least 14 calendar days, beginning the day after the failed attempt, before they may retest for the same exam. Students who fail a practical exam get the opportunity to retest during the next course offered in the Netherlands. If they wish, they can also make agreements with the Vodder Akademie in Austria to retest in a different country (e.g. Germany, Austria).

Instructors: Certified practical instructor with minimum experience teaching 10 module 1 and 2 classes. Undergone teacher training by Dr. Vodder School and passed module 3 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, Ina Sissingh, Froukje Potijk, Andreas Wittlinger and Christine Heim).

Module 3 week 1: topics and times may vary slightly

DAY	Theory Topic	Practical Topic	Hours
1	<ul style="list-style-type: none"> Introduction. Short recap of theory (watersheds and damaged lymph vessel systems). 	Unilateral upper extremity lymphedema treatment. Unilateral lower extremity lymphedema treatment.	8
2	<p>Review theory of compression bandaging. Complications in upper extremity lymphedema.</p> <p>Joyce Bosman instruction compression therapy: different materials used in the Netherlands.</p>	Bandaging techniques for arm and leg lymphedema. Unilateral upper extremity lymphedema with complications + bandaging. Upper extremity edema exercises. Real life patient 1 (case discussion sec arm lymphedema)	8
3	<p>Complications in lower extremity lymphedema.</p> <p>Ina Sissingh instruction compression garment and other compression materials.</p>	Unilateral lower extremity primary lymphedema with bandaging. Lower extremity edema exercises. Head and neck lymphedema. Real life patient 2 (case discussion sec head & neck lymphedema)	8
4	<p>Anatomy, physiology and patho-physiology. Lymphedema development. Patient examples and slides. Contraindications. Differential diagnosis, imaging, measuring and documentation. Cancer staging, treatment, complications.</p>		8
5	<p>Related co-morbidities, idiopathic cyclical edema, chronic 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. Associated syndromes. Lipedema. Chronic venous insufficiency.</p>		8

	Charting and measuring. Volumetry. Pumps. Compression garments. Psychological factors in treatment. Best practice guidelines and algorithms for decongestive treatments, minimal data sets, advocacy, reimbursement issues, access to care. Models of care, health care system considerations, continuing education models, review. Q&A.	
Total		40

Module 3 week 2: topics and times may vary slightly

DAY	Theory Topic	Practical Topic	Hours
1	Dutch guidelines for lymph- and lipedema (incl literature; exercise therapy; AWS treatment; self-management. Introduction in oncology (KNGF) including discussion Dutch guidelines.	Lymph taping workshop. Real life patient 3 (case discussion; lipedema)	8
2		Bilateral arm lymphedema with short-stretch bandaging. Scar treatment. Venous stasis ulcers and venous insufficiency edema with bandaging. Real life patient 4 (case discussion sec leg lymphedema)	8
3		Bilateral leg lymphedema with short-stretch bandaging. Measuring for head and neck lymphedema. Real life patient 5 (case discussion primary leg lymphedema)	8
4		Review techniques and treatments covered.	8
5		Practical exam: Basic technique and neck treatment. Pathology treatment. Compression bandaging (short and long stretch).	8
Total			40

