

Manual Lymph Drainage (MLD)

1. What are the 4 basic strokes of Vodder-method MLD?
2. What are the common characteristics of MLD?
3. What are the effects of MLD?
4. Name the contraindications for MLD...
 - a. General
 - b. Neck treatment
 - c. Abdominal treatment
 - d. Deep techniques on the trunk
5. Why is abdominal MLD combined with deep diaphragmatic breathing?
6. Which anastomosis pathways are used when treating patients with...
 - a. Secondary, right, upper-extremity lymphedema?
 - b. Primary, left, upper-extremity lymphedema?
 - c. Secondary, right, lower-extremity lymphedema?
 - d. Primary, left, lower-extremity lymphedema?
7. In MLD, how are patients with primary lymphedema treated differently from patients with secondary lymphedema?
8. Name indications for MLD other than lymphedema.
9. Is it necessary to treat anastomosis pathways on the lateral trunk when incorporating MLD in the treatment of post-surgical edema after total knee replacement?
10. Why is treatment of a patient with uncontrolled congestive heart failure (CHF) a contraindication for MLD?