

Manual Lymphatic Drainage Course Outline

The Manual Lymphatic Drainage course covers the theory and practice of manual lymphatic drainage. It follows on from foundation diploma courses in massage and/or sports massage.

Topics include:

- Structure and function of the lymphatic system including lymphocytes, lymph tissue, lymph vessels, lymph nodes, ducts, capillaries, spleen.
- Main lymph nodes of the body.
- Overview of the blood vessels of head and neck.
- Relationship between blood and lymph.
- History of Manual Lymphatic Drainage Massage.
- Contraindication to Manual Lymphatic Draining Massage treatment.
- Explanation and demonstration of manual lymphatic drainage massage techniques including the four basic strokes (as well as additional methods), that can be sequenced and applied to any part of the body and incorporated into your massage routine.