

Lymph Drainage Therapy 1 (LDT1): Fluid Dynamics - Lymphatic Pathways - Anatomical Integrity

Venue: Faculty of Physical Therapy, Saint Louis College, Sathorn, Bangkok, Thailand

Monday 13th to Thursday 16th January 2020 (4 days)

Day One (TIME: AM & PM)

9:00 - 10:00	Introduction / History of manual lymph drainage therapy Physiology: the liquids in the body, blood and lymph circulation / Physiology of the lymphatic system General anatomy of the lymphatic system / Contraindications of LDT / Main Techniques
10:00 - 11:00	Lab: Exercise for the hands: fluid / solid model
11:00 - 11:15	Break
11:15 - 12:30	Lab: Applications of main protocol using lymph techniques
12:30 - 2:00	Lunch
2:00 - 2:30	Demo: Lymph of the neck and body
2:30 - 3:30	Lab: Body sequence level 1: Neck - front chain
3:30 - 3:45	Break
3:45 - 5:30	Lab: Body sequence level 1: Thorax

Day Two

9:00 - 11:00	Lab: Body sequence: Upper Extremity
11:00 - 11:15	Break
11:15 - 12:30	Lab: Body sequence: Superficial Abdomen
12:30 - 2:00	Lunch
2:00 - 3:30	Lab: Body sequence: Deep Abdomen
3:30 - 3:45	Break
3:45 - 5:30	Lab: Body Sequence: Lower Extremity part 1

Day Three

9:00 - 9:15	Lymphedemas theory
9:15 - 9:30	Advanced demo: Lymph of the Face and Body, new techniques
9:30 - 10:30	Lab: Body Sequence: Lower Extremity part 2
10:30 - 10:45	Break
10:45 - 12:30	Lab: Lower Extremity protocol
12:30 - 2:00	Lunch
2:00 - 2:45	Lab: Pre-post surgery protocol
2:45 - 3:30	Clinical cases
3:30 - 3:45	Break
3:45 - 5:30	Lab: Face Sequence: The Neck - Inside the "Cone of the Face".

Day Four

9:00 - 10:30	Lab: Face sequence: Outside the "Cone of the Face"
10:30 - 10:45	Break
10:45 - 11:45	Lab: Drainage of the Liver protocol
11:45 - 12:30	Lab: Self-drainage L.D.T. protocol
12:30 - 1:30	Lunch
1:30 - 2:45pm	Lab: Lymphatic reflex