

Workshop project: Lymphatic Drainage Therapy Level I and II

1. **Name of project** Lymphatic Drainage Therapy Level I and Level II
2. **Responsible Parties** Faculty of physical therapy, Saint Louis College
Faculty of physical therapy, Rangsit University,
3. **Rationales** At present, health problems are more complex and the consequences can be very complicated. More specific individual treatments are very important to lessen and / or cure the problems and their consequences to improve quality of lives. To correspond with Thai health system that points to primary care services, manual therapy technique such as “Lymphatic Drainage Therapy” by Dr. Bruno Chikly MD is one of the most beneficial techniques for physical therapy in primary care system.
4. **Aims**
 - 4.1 To promote and enhance the specific individual treatment skills
 - 4.2 Sharing and learning the specific beneficial techniques
5. **Date**
 - 5.1 Course LDT I 7-10 January 2013 (4 days)
 - 5.2 Course LDT II 14-17 January 2013 (4 days)
6. **Venue**
Faculty of physical therapy, Saint Louis College
19 Sathorn road, Yannawa, Bangkok 10120, Thailand
7. **Main lecturer** Molly Clark PT, LMT, LLCC.
Chikly Health Institute: <http://chiklyinstitute.org>
8. **Practical assistants**

8.1	Course LDT I	Pim Purisudh	Community hospital, FI / Private practice, Bkk
		Patricia Thammanond	Core Synergy, Phuket
		Khompakorn Limpasutirachata	Faculty of Physical Therapy, Mahidol University
8.2	Course LDT II	Pim Purisudh	Community hospital, FI, / Private practice, Bkk
		Patricia Thammanond	Core Synergy, Phuket
		Ketsarin Moonsri	Holistic Practitioner
9. **Participants** Physical therapists, Physical therapy lecturers, and Other healthcare professionals
 - 9.1 Course LDT I 60 participants
 - 9.2 Course LDT II 60 participants (Only participants attended LDT I)
10. **Activity** Lecture and practice
11. **Contact persons for course detail**

Worachat Churdchomjan	Rangsit University	worachat89@gmail.com
Pakavalee Poomsu-tat	Saint Louis College	pakavalee@saintlouis.or.th or joompaka@gmail.com
More Information	Website:	Saint Louis College www.slac.ac.th
		Rangsit University www.rsu.ac.th

12. Registration fee per course

- Thai physical therapist / Thai healthcare professionals / Thai participants ฿ 12,000
- Foreign participants ฿ 27,000

13. Course evaluation

- Satisfaction questionnaire for workshop
- Questionnaire for level of knowledge of participants before and after workshop

14. Workshop Committee

- Faculty of Physical Therapy, Saint Louis College
 1. Asst. Prof. Chonkolnee Malai Consultant
 2. Asst Prof. Pakavalee Poomsu-tat, Ph.D. President of project
 3. Lect. Suwanna Ersjaruporn committee
 4. Lect. Chathipat Kruapanich committee
 5. Lect. Siwaporn Pimpituk committee
 6. Asst. Prof. Nartvimol Ngamsirijit committee
 7. Lect. Rattanaporn Sonpeayung committee
 8. Lect. Agsipa Honguten committee
 9. Nawapatporn Ploybanpraew committee
 10. Jakkapan Juntanee committee
- Faculty of Physical Therapy, Rangsit University
 1. Asst Prof. Pornpimol Charntaraviroj Consultant
 2. Lect. Worachat Churdchomjan, Ph.D. President of project
 3. Lect. Orapin Jittawisuthikul, Ph.D. Committee
 4. Lect. Siriporn Vongsaiyat Committee
 5. Lect. Somchanok Hongthong Committee
 6. Lect. Chorhaka Damrongthai Committee

Lymphatic Drainage Therapy Level I (LDT1)

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

Main Lecturer: Molly Clark P.T, LMT, LLCC

Practical Assistance: Pim Purisudh, P.T. / Patricia Thammanond P.T. / Khompakorn Limpasutirachata, P.T.

Monday 7 January 2013

8.00-9.00 Registration
 9.00-9.20 Open ceremony by President of Saint Louis College
 9.20-10.20 Lecture: Basic anatomy, physiology of the lymph system and main body fluids
 10.20-10.40 Break
 10.40-12.00 Lecture: Basic anatomy, physiology of the lymph system and main body fluids
 12.00-13.00 Lunch
 13.00-14.30 Lecture: Scientific principles behind LDT
 14.30-14.50 Break
 14.50-16.50 Lecture: Importance of the lymphatic system and how it relates to blood and other body fluids

Tuesday 8 January 2013

8.30-9.00 Registration
 9.00-10.30 Lecture: Indications and contraindications of LDT
 10.30-10.50 Break
 10.50-12.00 Practice: Perform techniques that help you move lymph and interstitial fluid through the body to cleanse it of toxins
 12.00-13.00 Lunch
 13.00-14.30 Practice: Perform techniques that help you move lymph and interstitial fluid through the body to cleanse it of toxins
 14.30-14.50 Break
 14.50-16.50 Lecture: main specific locations of lymph nodes and lymph vessels

Wednesday 9 January 2013

8.30-9.00 Registration
 9.00-10.30 Practice: Work with a 3-dimensional perspective of the lymphatic anatomy of the body
 10.30-10.50 Break
 10.50-12.00 Practice: Palpate lymph flow and key details to specifically do so
 12.00-13.00 Lunch
 13.00-14.30 Practice: specific lymph-drainage sequences for the face and neck, upper and lower extremities, superficial and deep abdomen
 14.30-14.50 Break
 14.50-16.30 Practice: specific lymph-drainage sequences for the face and neck, upper and lower extremities, superficial and deep abdomen

Thursday 10 January 2013

8.30-9.00 Registration
 9.00-9.50 Practice: specific lymph-drainage sequences for the face and neck, upper and lower extremities, superficial and deep abdomen
 9.50-10.00 Break
 10.00-11.00 Lecture: key points to observe for optimal lymph drainage results
 11.00-12.00 Practice: Travel through the body via the "lymphatic highway" to accurately understand fluid flow
 12.00-13.00 Lunch
 13.00-14.00 Practice: Perform techniques for pre-post surgical conditions
 14.00-15.00 Practice: Put treatments and self-help techniques right away into practice
 15.00-15.20 Break
 15.20-16.00 Certificate Ceremony

Lymphatic Drainage Therapy Level II (LDT2)

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

Main Lecturer: Molly Clark P.T, LMT, LLC

Practical Assistance: Pim Purisudh, P.T. / Patricia Thammanond / Ketsarin Moonsri O.T.

Monday 14 January 2013

8.00-9.00	Registration
9.00-9.20	Open ceremony by President of Rangsit University
9.20-10.20	Lecture: Review Basic anatomy, physiology of the lymph system and main body fluids, Scientific principles behind LDT
10.20-10.40	Break
10.40-12.00	Lecture and practice: Advanced face techniques, including the tracheal rings, nose, upper eyelids and skull
12.00-13.00	Lunch
13.00-14.00	Practice: Advanced face techniques, including the tracheal rings, nose, upper eyelids and skull
14.30-14.50	Break
14.50-16.50	Lecture: Advanced body techniques, including deeper lymph circulation, extensive protocol for the upper extremities and the entire back

Tuesday 15 January 2013

8.30-9.00	Registration
9.00-10.30	Practice: Advanced body techniques, including deeper lymph circulation, extensive protocol for the upper extremities and the entire back
10.30-10.50	Break
10.50-12.00	Practice: Advanced body techniques, including deeper lymph circulation, extensive protocol for the upper extremities and the entire back
12.00-13.00	Lunch

13.00-14.30	Lecture and Practice: Manual lymphatic mapping (MLM) to assess superficial lymphatic circulation over the entire body
14.30-14.50	Break
14.50-16.50	Lecture and practice: Examination of edema and lymphedema / Principles of reroute for edema and lymphedema

Wednesday 16 January 2013

8.30-9.00	Registration
9.00-10.30	Practice: The second lympho-venous rhythm, the "directional impulse technique" and "the switch" technique to help reroute lymph flow
10.30-10.50	Break
10.50-12.00	Lecture and Practice: Maneuvers to access the cisterna chyli
12.00-13.00	Lunch
13.00-14.30	Lecture and Practice: Extensive drainage of the breast (Lymphatic Breast Care)
14.30-14.50	Break
14.50-16.30	Lecture and Practice: Exploration of edematous and fibrotic tissues

Thursday 17 January 2013

8.30-9.00	Registration
9.00-10.30	Lecture and Practice: Lympho-fascia release (LFR)
10.30-10.50	Break
10.50-12.00	Lecture and Practice: Techniques to alleviate wrinkles and "cellulite" (bariatrics)
12.00-13.00	Lunch
13.00-15.00	Lecture and Practice: Drainage of the lobes of the liver and the lungs
15.00-15.20	Break
15.20-16.00	Certification Ceremony

