

## **Lymph Drainage Therapy 2 (LDT2): Pathological Pathways/Manual Lymphatic Mapping (Pre-requisites: LDT1)**

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

Saturday 18th to Tuesday 21th January 2020 (4 days)

### **Day One (TIME: AM & PM)**

9:00 - 9:30	Introduction, teachers, students, teaching assistants and facilitator / Teaching material Superficial and deep thorax: theory - anatomy
9:30 - 11:00	Lab: Superficial and deep thorax
11:00 -11:15	Break
11:15 - 12:30	Lab: Superficial Manual Lymphatic Mapping (MLM) - part 1
12:30 – 2:00	Lunch
2:00 - 3:30	Lab: Superficial Manual Lymphatic Mapping (MLM) - part 2
3:30 - 3:45	Break
3:45 - 5:30	Lab: Upper extremity lymphatics

### **Day Two**

9:00 - 9:30	Edema and Lymphedema theory
9:30 - 11:15	Lab: Liver
11:15 - 11:30	Break
11:30 - 12:30	Lab: Lungs
12:30 – 2:00	Lunch
2:00 - 3:30	Lab: The back
3:30 - 3:45	Break
3:45 - 5:30	Lab: Mapping of the back lymphotomes

### **Day Three**

9:00 – 9:45	Specific lymphatic anatomy of the neck
9:45 - 10:30	Lab: Drainage of the neck
10:30 - 10:45	Break
10:45 - 12:30	Lymphedema Cases/Mapping Slides
12:30 – 2:00	Lunch
2:00 - 3:30	Lab: Lymphatic of the breast
3:30 - 3:45	Break
3:45 - 5:30	Lab: Applications of LDT for the face

### **Day Four**

9:00 - 10:30	Lab: Directional impulse technique
10:30 - 10:45	Break
10:45 - 12:30	Lab: Lympho-fascia Release (LFR) technique: application to a viscera / Lab: Drainage of the Cisterna Chyli
12:30 – 1:30	Lunch
1:30 – 2:45pm	Lab: Bariatrics / cellulite / wrinkles and lymph / Lab: Fluidic / Fibrotic techniques