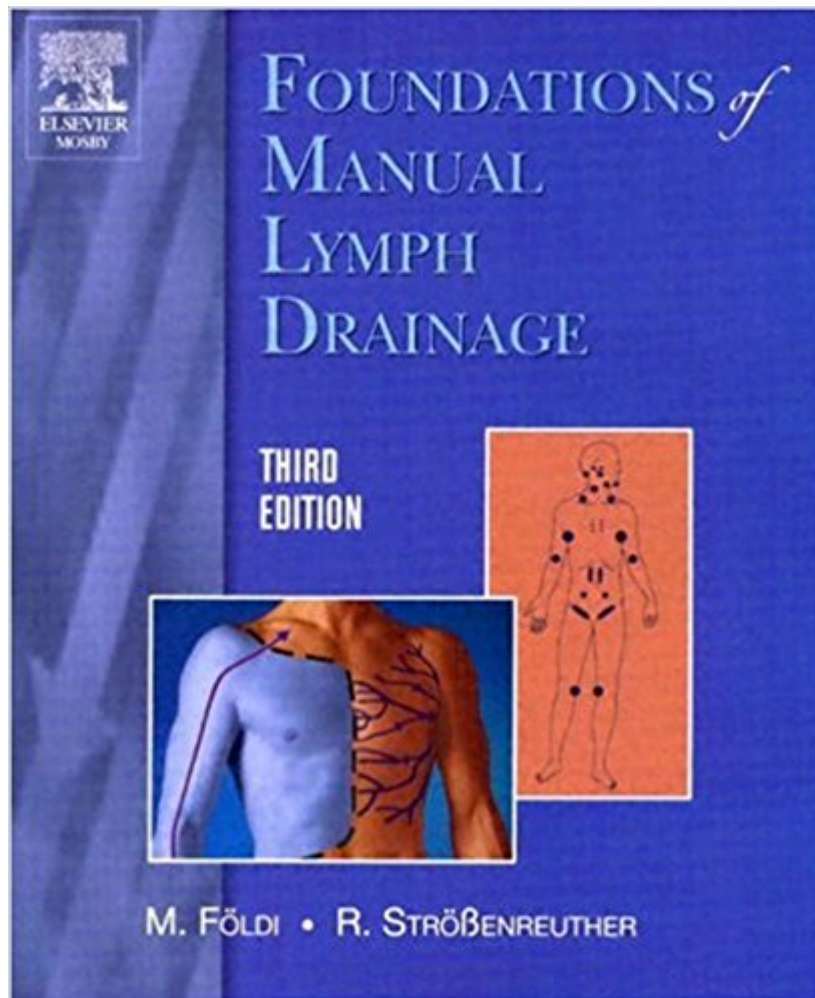




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# Foundations Of Manual Lymph Drainage, 3e



## Synopsis

This manual lymph drainage guide covers the anatomy, physiology, and pathophysiology of the lymphatic system, providing key background information necessary for effective treatment. Chapters are structured according to anatomic regions, focusing on the lymphatic knots and their tributary regions in the throat, armpit, trunk, and groin. Photographs illustrate the lymphatic knots and lymphatic courses, which are drawn on the human body, and provide a clear picture of the structures to be treated. Designated points are numbered to illustrate the progression of treatment in each region. Also includes coverage of complete decongestive therapy (CDT). Explains procedures in a detailed, step-by-step format. Features a helpful chart of lymph node groups and their tributary regions that outlines each lymph node as it pertains to a specific anatomical region. Key information is summarized in the margins, making it easier for readers to review what they've read and focus on important topics. Self-test questions provide an excellent means for readers to assess their comprehension and review key material in the book. These questions are also helpful in preparing for exams. Two-color illustrations help the reader visualize and learn theoretical aspects of this therapy. The text has been completely updated to reflect the latest techniques in lymph drainage therapy. Coverage of individual treatment strokes and stroke sequences have been updated, with more comprehensive descriptions and detailed photos that illustrate proper hand placement, pressure, and movement. Expanded coverage of complete decongestive therapy, including a CDT survey – consisting of the case history, examination, and palpation – that can be used to gather valuable information to formulate therapeutic goals and evaluate treatment results.

## Book Information

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## Customer Reviews

"This book aims to describe the scientific principles that underline manual lymph drainage." "Treatment strokes and stroke sequences are then described for specific body areas, as well as hand placement, pressure and movement. These chapters, indeed the whole book, are extensively illustrated with photos and/or illustrations on nearly every page." Matthew Boylan.  
Journal of the Australian Traditional-Medicine Society, June 2006

Professor Foldi is a worldwide renowned expert on lymphology - his outstanding work and publications have made him a founder and pioneer in lymphology. He has received numerous awards and honorary memberships from various international lymphology associations which underline the high regard in which he is held in the field of lymphology. Prof. Foldi has founded a clinic at Hinterzarten/Black Forest which specializes in lymphology, today he still works there as an advisor

Far far too technical for a post-operative patient experiencing lymph gland swelling of axillary region. It's clearly designed for someone who wants a very thorough, very detailed medical exploration of the entire lymph system and its functions. Since I was familiar with the general principles of lymphatic massage, I thought I would be able to go to the section on the area of the body I was concerned with and get enough guidance to do self massage (online videos are numerous but give conflicting information--especially as concerns types of strokes and even direction--which I believe could be dangerous, or at the very least ineffective), but even that section was difficult to follow.

If you are a massage therapist ... not necessarily one that does lymphatic drainage but knowledge of the lymphatic system is important. This is a small book with concise info and helpful illustrations. If you work with soft tissue you affect the lymphatic system and some knowledge can help you capitalize on that effect.

This book was a require companion to a Lymphatic Drainage class that I took for my massage therapy practice. While the diagrams and instructions are good, it is still no substitute for hands-on learning from a practicing expert who can give feedback and answer questions. I love having it to refer back to as needed.

I am a massage therapist, and I took a Manual Lymphatic Drainage (MLD) class. This book was on the Resources list. It was a decision between this book and the \$200 "Foeldi's Textbook of Lymphology". I purchased this book, and am GLAD I did! It sticks strictly to the task of MLD. It addresses the physiology of the lymphatic system only to the point of what I need to know as a MT (great diagrams and pictures of how things work). It shows the full MLD sequence in pictures (with marked-in arrows and lines on the model pointing the way to the correct drainage points) and descriptions. Since I do NOT wish to continue past MLD (into lymphedema treatment, etc) this is just perfect for me. This small book is also a great "primer" into further studies. If you wish to further your education into Lymphedema studies, then by all means purchase the \$200 Foeldi book. If you wish to utilize MLD in a superficial, non-medical sense on folks who have NO medical issues [no lymph node removal, no previous cancer history, etc.] then this is the book to go with. PS ~ "Foeldi" and "Foldi" are the SAME AUTHOR. This smaller book is written by the same person who wrote the big book.

Attended a lymph drainage 3 day seminar and learned a lot only to forget a lot of what I learned after a 3 month lag. Now I have a patient in need of this treatment and this book has been a great tool for refreshing my knowledge

I am a massage therapist. Lymphatic massage can be a great tool to have on your belt. This book gives you a good start and as an add on to your practice. It is no substitute for a formal program such as Vodder, nor is any book or video. It is a great way to help you decide if you wish to invest the time and money in formal training. Glad I bought it.

Absolutely one of the best textbooks for lymphedema and MLD! I have training in the Vodder technique but this is much more thorough than any of the smaller Vodder books.. However, as with Vodder texts, the translation could be much better. Is there no one out there in this industry who can do a decent translation from German to English??

Fantastic book. He knows what he is talking about.

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