

Manual lymphatic drainage

Manual lymphatic drainage is a therapeutic method used to prevent, alleviate and treat primarily primary and secondary lymphedemas. It is currently used commercially to alleviate the manifestations of *cellulitis*.

Manual lymphatic drainage (ML) is used by trained lymphatic therapists (mainly physiotherapists, doctors, nurses) mainly in dermatology. However, the problem of lymphedema requires a comprehensive approach by a team of specialists.

Manual lymphatic drainage is one of the components of **Complex Decongestive Therapy** (CDT).

Technique of execution

The technique is performed dry, without the use of oils, and acts primarily on the superficial layers of the skin and subcutaneous tissue. It is performed with circular movements, at a certain stage with a pressure of about 30-60mm Hg. The therapist must know exactly the anatomy and physiology of the lymphatic system and must follow the sequence of ML. The basal treatment of the neck from the front must always be performed first. Manual lymphatic drainage must never be painful! Special ML touches can move the lymph in the right direction through the lymphatic system, from the fine capillaries through the lymphatic vessels and nodes (nodus lymphaticus) and on into the bloodstream (ductus thoracicus to the left venous angle and ductus lymphiticus dexter to the right venous angle). Stimulation of proteolytic enzymes is also involved.

History

Manual lymphatic drainage was introduced by the Danish couple Vodder in 1936 in France at the International Exhibition of Health and Beauty. The technique was neglected during the Second World War and did not develop until the 1960s, when the manual lymphatic drainage method was put into practice by Dr. Asdonka (1963 - Essen). Prof. Kuhnke and Prof. Foldi worked on the development (1967, the Society of Manual Lymphatic Drainage according to Vodder was founded). In the Czech Republic, manual lymphatic drainage was put into practice by **Prof. Bechyně**, who had been studying the lymphatic system since 1969. On 14.8.1992 the Czech Lymphological Society was founded.

References

References used



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