



Training Prospectus for Health Professionals:

Dr Vodder's MLD & CDT (Lymphoedema) Certification

*Certificate Courses are delivered in accordance with the requirements of the
Dr. Vodder Academy International.*

Course registration forms and support materials for Dr Vodder Programs delivered
in Australia and New Zealand are managed by Moving Lymph Pty Ltd

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Certificate Overview

For Allied Health Professionals, Medical Practitioners and Remedial Therapists, the Dr Vodder Certification in Manual Lymph Drainage (MLD) and Combined Decongestive Therapy (CDT) remains the international gold standard in conservative chronic oedema management.

Designed to provide both foundational skills and advanced insights into lymphatic health and rehabilitation, this certification meets and exceeds the requirements of the Australasian Lymphology Association, Accredited Lymphoedema Practitioner Program.

This program delivers:

- In-depth lymphology and oedema assessment strategies
- Intensive hands-on practical training in MLD and compression bandaging
- Advanced instruction in garment prescription, lymphatic exercise, and skin care
- Clinical reasoning exercises and case-based learning

Participants will learn the original Dr Vodder method of MLD and its application in chronic oedema management and prevention in a comprehensive blend of underpinning theoretical knowledge (online), with advanced lectures on lymphatic pathologies (in person), and intensive practical hands-on training (in person). Graduates have demonstrated competence in the techniques and safe application of Combined Decongestive Therapy across multiple forms of chronic oedema.

Clinical reasoning skills introduced in the classroom, are developed through ongoing peer-to-peer sharing with Instructor supervision and mentorship (online), producing Lymphoedema Practitioners who are equipped with the skills and practice to deliver long-lasting relief and improve the quality of life for their clients.

The Companion Program offered at Moving Lymph is designed to guide participants through the Dr Vodder Courses and ensure they emerge as confident, skilled professionals ready to make a profound impact in their field.

Level 1 & Level 3 together meet the criteria for all six competencies as required by the Australasian Lymphology Association for the purposes of the Accredited Lymphoedema Practitioner Program



Certificate Description

This comprehensive program is structured to equip participants with the foundational and advanced skills necessary to manage chronic oedemas including lymphoedema, phleboedema, and lipoedema.

The training includes:

- **Level 1:** 30 hours of online, instructor-guided theoretical study followed by 32 hours of hands-on practical training. Level 1 focuses on the fundamental techniques and basic applications of MLD for an intact lymphatic system.
- **Level 3 Theory:** 16 hours of theoretical instruction with Professor Piller covering pathogenesis, assessment, and management of chronic oedema
- **Level 3:** 64 hours of intensive, hands-on training with Koby Blanchfield, focusing on MLD application for primary and secondary lymphoedema, lipoedema, and chronic venous insufficiency
- **Assessments and Certification:** There are theoretical and practical assessments in MLD application, bandaging techniques, and clinical reasoning.

Graduates earn a Certificate in Dr Vodder's MLD and CDT, with eligibility for 30 CPE hours (online) and 80 CPE hours (practical).

Required Reading

Level 1: Dr. Vodder's Manual Lymph Drainage, A Practical Guide. Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, Maria Wittlinger (not provided with registration).

Available from the publisher: <https://shop.thieme.de/en/Dr.-Vodder-s-Manual-Lymph-Drainage/9783132578746>

A comprehensive text describing lymphatic anatomy and physiology, the Dr Vodder techniques, and their therapeutic application. Material from Parts I & II are needed for the Level 1 theory module, and Part III describes the basic and special techniques of the Dr Vodder Method. Part IV places MLD in the context of decongestive therapy and Part V is a description of the life of Dr Vodder and the development of this phenomenal technique.

Level 3: Lymphoedema-Diagnosis and Therapy, Edited by Horst Weissleder and Christian Schuchhardt (PDF provided).

Participation in pre- and post-course support material at Moving Lymph is acknowledged with a Certificate of Completion at the end of each online component (variable CPE hours depending on attendance).

NB: The Level 1 Course does not cover adaptation or application of MLD to any pathologies and attendees are not assessed for competency in the manual techniques, therefore Level 1 graduates will be limited in the application of MLD until a further Certificate Level is completed.

MLD & CDT (Level 1 & 3): Course Objectives and Learning Outcomes

Objectives

Moving Lymph aims to:

- Provide participants with a deep understanding of the anatomy, physiology, and pathophysiology of the human lymphatic systems and the complex interactions with the loose connective tissue.
- Train practitioners in Dr Vodder's fundamental and special techniques for effective MLD application.
- Provide a clinical framework for the safe and effective use of MLD to recognise and address primary and secondary lymphoedema, phleboedema and lipoedema.
- Develop participants' ability to create tailored treatment plans for the intensive reduction and maintenance phases of lymphoedema management
- Equip graduates with the skills to integrate MLD into their current clinical practice and enhance client outcomes.

Learning Outcomes

Graduates will:

- Gain an historical and contemporary insights into MLD's development and applications.
- Master the anatomy and physiology of the lymphatic system, including pathways of drainage in the superficial and deep systems.
- Develop proficiency in MLD techniques and multi-layer compression bandaging
- Demonstrate competence in treatment planning, garment prescription, and therapeutic skin care
- Develop proficiency in foundational MLD techniques such as stationary circles, pumps, scoop, and rotary movements.
- Understand the pathogenesis of acute and chronic oedema, including lymphatic and venous insufficiency
- Learn to assess oedema presentation and history to determine an appropriate course of treatment.
- Learn intensive and maintenance phases of lymphoedema management
- Acquire advanced skills in the adaptation of MLD for a damaged or insufficient lymphatic system including appropriate compression therapies
- Demonstrate competence in treatment planning following first principles and application limitations.
- Devise and execute appropriate treatment protocols for diverse causes of oedema with consideration to the presence of any co-morbidities.

Eligibility

Health professionals with an eligible qualification such as a Diploma or higher in a Remedial Bodywork Modality, or a Degree in Physiotherapy, Registered Nurse, OT etc are eligible for the Lymphoedema Program.

Eligibility criteria are those of the DVAI and may not reflect local regulations or guidelines governing the scope of practice of an individual Practitioner. Health Professionals undertaking post-graduate Certification in Dr Vodder's MLD & CDT should consider their scope of practice when applying the techniques learned in a clinical setting.

Scope of the Certificate

Graduates of the Level 3 Practical have demonstrated competence in the application of MLD and CDT in the assessment and treatment of all chronic oedemas, including in the application of MLD for damaged or insufficient lymphatics, compression therapies, lymphatic exercise, and skin-care.

Professional Integration

Graduates should consider their professional scope of practice and any restrictions to the application of CDT that may limit clinical use. For example, podiatrists may be limited to lower extremity lymphoedema management even though they will learn about upper limb treatments during the course.

Where appropriate, the Certificate in MLD & CDT extends scope of practice of graduates to include management of lymphoedema, phleboedema, and lipoedema, and is an eligible Lymphoedema training course for the purposes of the Australasian Lymphoedema Practitioner Program (Australasian Lymphology Association).

Graduates are responsible for notifying their indemnity insurer of the addition lymphoedema management to their clinical practice.

This program equips Therapists with the expertise to deliver transformative Lymphoedema care and expand their Clinical Practice.

Checklist for Optimising Learning

To maximise the benefits of this training, participants should:

1. Ensure Eligibility

- Confirm your qualifications meet the minimum AQF Level 5, NZQF Level 6 requirements and have a copy ready when you enrol.

2. Prepare for Online Theory

- Purchase a copy of the require L1 textbook.
- View videos of interest in the Fundamental Lymphology collection.
- Dedicate a minimum of 30 hours for L1 home study.
- Attend all L1 online tutorials with your instructor.
- Complete required readings for L3 theory (15 hours).

3. Engage in Practical Training

- Be ready for intensive, hands-on instruction during the practicals.
- Be prepared to participate fully in practice sessions and give constructive feedback when receiving to improve group learning.
- Practice techniques between sessions to build confidence and skill.
- 100% attendance in practical sessions is a requirement of the Certificate.

4. Leverage Mentorship

- Take advantage of the 12-month online mentoring program to refine techniques and receive guidance as you integrate MLD into your clinical practice.
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