

Lymphatic Balancing

Lymphatic Balancing (LB) is a curriculum specifically designed to utilize the philosophy, approach, and specialized manual lymphatic drainage techniques, which were originally designed to treat lymphedema, and apply them to the orthopedic patient. LB is used to treat excess fluid or swelling, fluid stagnation or lymphedema in the cranium, spine, rib cage, visceral system, and the upper (shoulder, elbow, wrist and hand) and lower extremities (hip, knee, ankle and foot). LB expands on the work and teachings of Dr. Emil Vodder (Vodder Method), Bruno Chikly MD, DO (Lymph Drainage Therapy), Dr. Albert Leduc PT, PhD (Leduc method) and osteopathic lymphatic pumping techniques.

The LB procedure involves both short and long lever manual pumping techniques to simulate gentle, specific wave-like movements to stimulate fluid motion, and aid in the re-circulation of the venous and lymphatic flow. These subtle manual maneuvers activate lymph and interstitial fluid circulation, as well as stimulate the functioning of the immune and parasympathetic nervous systems.

- Lymphatic Balancing Techniques
- Lymphatic Pumping Techniques
- Effleurage
- Nodal Techniques
- Call Up Techniques
- Reabsorption Techniques

The proper functioning of the lymphatic system is critical to our body's ability to detoxify and regenerate tissues. The lymphatic system filters out toxins and foreign substances, recovers crucial substances that have escaped from the blood, and helps maintain a healthy immune system.

If the lymph circulation stagnates due to injury or infection, toxins accumulate, and cellular metabolism is significantly compromised. The result is an increase in acid and toxins within the tissues causing pain, tension, and edema. These substances, along with the edema, need to be removed quickly from the interstitial fluid, in order to promote proper tissue healing and restore proper pain-free movement.

Lymphatic Balancing is very effective for the following conditions;

Reduction in edema (swelling) | Lymphedema | Detoxification of the body | Regeneration of tissue, including burns and wounds | Relief of numerous chronic and subacute inflammations | Relief of chronic pain | Reduction in the symptoms of chronic fatigue syndrome | Reduction in the symptoms of fibromyalgia | Relieves muscle spasm | Deep relaxation to aid insomnia, stress, and loss of vitality | Headaches | Stroke and head injuries | Sports Injuries | Post-Surgical | Amputees | Breathing problems | Whiplash | Orthopedic problems with the spine, rib cage, and extremities | General wellness | OLB helps reduce swelling in the cranium, spine, rib cage, visceral system, and the upper (shoulder, elbow, wrist and hand) and lower extremities (hip, knee, ankle and foot)

LB is appropriate with the following patient populations: pediatrics, adolescents, young adults, adults, and geriatrics.

Course Objectives:

- Gain an understanding of the history, principles, and neuromuscular basis of Lymphatic Balancing Learn the significant anatomy of the lymphatic system and supporting structures
- Conduct a thorough specific orthopedic evaluation using ARTS of the cranium, spine, thorax, abdomen (viscera), and upper and lower extremity.
- Ability to chart your results of the evaluation and formulate a treatment plan
- Determine the proper sequence of treating the Total Body Lesion

- Perform Lymph Balancing on the nodes, vessels, and tissues of the cranium, spine, thorax, abdomen, and upper and lower extremity.
- Understand the clinical importance of Lymph Balancing for the treatment of excess fluid, swelling, or lymphatic stagnation in relation to muscular skeletal dysfunctions.
- Integrate Lymphatic Balancing with other treatment modalities taught at the D'Ambrogio Institute.