



DR. VODDER ACADEMY
INTERNATIONAL

QUALITY TRAINING IN OUR HANDS

BYLAWS

of the Working Association

Dr. Vodder Academy International



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1 Name and address

Dr. Vodder Academy International (DVAI)

Headquarters:

Alleestraße 30

A-6344 Walchsee

Austria

For better reading purposes this text does not use gender-equitable wording. All and any designations apply to both male and female students.

2 Objectives

“Dr. Vodder Academy International” is a wholly owned subsidiary of Wittlinger Therapiezentrum GmbH, located in Alleestrasse 30, 6344 Walchsee, Austria.

“Dr. Vodder Academy International” is a Working Association established to study and disseminate the manual lymph drainage method according to the principles originally taught by Dr. Vodder. Individuals or companies that are or want to become members of “Dr. Vodder Academy International” agree to work, teach and act according to these principles and the rules of the Working Association. Individuals trained under these rules will have their training confirmed by an original Dr. Vodder certificate, signed by one of the authorized directors of the Working Association. All authorized teachers who have signed an agreement with the Working Association shall be members of the Working Association.

3 Structures

3.1 Board

The first proposals and appointments for members of the Board shall be made by Dr. Vodder Academy/WTZ GmbH. The members of the Board are Hildegard, Maria, Dieter and Andreas Wittlinger and Grace Dedinsky

The Board shall define the rules (including the Bylaws, quality requirements of training) for the Working Association and represent it internally and externally. Other proposals may be made by any member of the Board. A simple majority is required for their acceptance/rejection.

3.2 Chairman

The Chairman shall be a member of the Board and shall be proposed, elected and confirmed for five years by the Board. The Chairman formally manages the business of the Working Association and implements the guidelines of the Board. The Chairman organizes meetings of the Board, concludes agreements, manages the Working Association’s public presence, controls the finances and is responsible for strategic development and training guidelines.

3.3 Authorized teachers

Authorization of teachers is confirmed by a director in writing according to their qualification (they must meet qualification requirements and pass the relevant examination). An up-to-date country-specific list of all authorized teachers, including their contact details, will be published on the website.



The authorized teachers shall have the legal and economic responsibility for organizing the training of therapists according to the qualification standards (Article 4) and rules (Article 5) of Dr. Vodder Academy International. Authorized teachers and organizers of MLD courses agree to train course participants or have course participants trained according to the quality requirements of Dr. Vodder Academy International.

3.4 Teacher training

The level of qualification describes which kind of training may be provided by a teacher in accordance with the qualification he has attained.

Level of qualification	Teacher training:				
	Level III	Level II	Level I	Advanced Body Esth.	Advanced Neck, Face Esth.
Professor (P)					
Director (D)					
Instructor	Examination with P or D only			Assist with Esthetic teacher - Examination with P and D only	Assist with Esthetic teacher - Examination with P and D only
Level III - Lymphedema		Examination with P or D only			
Level II – applied MLD			Examination with P or D only		
Level I - Basic					

Fig. 1: Training of new teachers

3.5 Teachers' meeting and members' meeting

The Board and authorized teachers are members of the Working Association. The Board meets at regular intervals, at least once a year. The members meet every two years: such a meeting is compulsory for authorized teachers (teachers' meeting). They may cancel their attendance for justifiable reasons (e.g. short-term illness, death in the family).

4 Qualification standards

At the core of the technical and substantive requirements are the principles and specified skills as taught by Dr. Vodder (Annex 1: Training contents, curriculum) based on the following textbooks:

- Textbook of Dr. Vodder's Manual Lymph Drainage, Volume 1: Basic Course, Authors: Hildegard and Günther Wittlinger, 7th Edition 2004, Thieme Publishers
- Manuelle Lymphdrainage nach Dr. Vodder, Stuttgart, 1st Edition 2009, Thieme Publishers, Authors: Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, Maria Wittlinger, ISBN: 978-3-13-140071-0 or any translation from this book or newer versions.
- Dr. Vodder's Manual Lymph Drainage: A Practical Guide, 2nd Ed. 2019, Thieme Publishers. Authors: Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, Maria Wittlinger. ISBN: 978-3-13-241144-9
- Lecture notes (Level I, II and III) of the medical team of the Dr. Vodder Academy as last updated.



4.1 Teaching options for authorized teachers

Authorized teachers may teach in their home countries and abroad only at the level corresponding to their qualification. There shall be no exceptions to this rule.

4.2 Establishment of a national Dr. Vodder School

The establishment of a national Dr. Vodder School is subject to approval by the Board. Professional management of a national Dr. Vodder School must be in the hands of an authorized teacher who has completed the full health care professional training or an organiser of classes. A director or an Instructor must be present at reviews. All and any expenses incurred by the director (e.g. flight, hotel, fee) shall be borne by the national Dr. Vodder School. In addition, the present Bylaws shall apply to the establishment of a national Dr. Vodder School. The licence to manage a national Dr. Vodder School shall be limited to two years. Its renewal is subject to approval by the Board.

4.3 Teaching authorizations

Depending on the level of qualification attained, an MLD teacher may teach and organize courses.

Level of qualification	Teaching activity for the relevant course levels					
	Professor	Director	Instructor	Level III	Level II	Level I
Teachers' Meeting WA and Teachers' Meeting NA ¹						
Refresher Level III						
Level I - III						
Level II/II Review						
Level I/I Review						
Level I Esthetics / Esth. Level I Review						
Esthetics BC Neck, Face / Esth. BC Neck, Face Review						
Advanced Esthetics Advanced Body Advanced Esthetics Body Therapy Review					special Certificate required	
Advanced Esthetics Neck, Face						

Fig. 2: Levels of qualification and possible teaching activity

4.4 Requirements for authorization to teach courses

4.4.1 Precondition

- 4-week training in Dr. Vodder's MLD or completion of Levels I, II and III;
- Verification of technique by a director within one year of completion of all levels. Otherwise, attendance at a Review course or one week attendance at another course

¹ See 4.4.6 Teachers Meeting



with a director (same price as a Review), if longer than one year since completion of training.

- Submit five case reports (in English or German) of patients involving the use of Dr. Vodder's MLD. Case reports must include the following information, written in a concise manner:
 - a) The pathology treated and why MLD was indicated;
 - b) Type, course, frequency and duration of treatment used;
 - c) Outcome of the treatment including documented results, e.g. photographs, measurements, patient's response.

4.4.2 Admission to training

A member of the Board will decide on admission to teacher training.

4.4.3 Teacher training

All teachers agree to teach their courses according to the curriculum included in Annex 1.

a. 1. Requirements for Level I (Basic Course):

- Assistance in at least five Level 1 courses whereof at least two must be with a Level II or higher Level teacher
- Examination with a director to be completed within 24 months of acceptance into teacher training. Exam requires trainee to demonstrate and describe all Level 1 techniques and some Level 1 sequences.
- Level I online theory exam with at least a 90% pass mark

2. Requirements for Level I class - Esthetician

- Completion of Basic (Level I esthetician) and Advanced Neck & Face classes, and Basic and Advanced Body classes. Once techniques have been approved by a director, applicant must complete a health care professional training, without final exams excepting Basic technique testing.
- Assistance in at least five Level I courses whereof at least two must be with a Level II or Level III teacher.
- Examination with a director to be completed within 24 months of acceptance into teacher training. Exam requires trainee to demonstrate and describe all Level I techniques and some Level I sequences.
- Level I online theory exam with at least a 90% pass

b. Requirements for Level II:

- Requirements: Level I Course teacher and at least five Level I classes taught as the primary instructor.



- Assistance in at least four Level II courses whereof at least one must be with a Director, Instructor or Level III-teacher, 50 % of pathologies must be explained by teacher-in-training
- Examination with a director to be completed within 24 months of acceptance into teacher training.
- Oral exam with a director (explanation of at least three Level II pathologies)

c. Requirements for Level III:

- Requirements: Level II teacher and at least five Level II classes taught as the primary instructor.
- Assistance in at least three Level III courses plus one assistance teaching the practical module by him/herself in a Level III class in Austria.
- Theory exam with at least a 90% pass mark

Examination with a director and medical director, to be completed within 24 months of acceptance into teacher training.

d. Requirements for Esthetics Course Advanced Neck / Face or Advanced Body:

- Requirements: Level I Course teacher and at least five Level I classes taught.
- Assistance in at least three Advanced Neck/Face courses or three Advanced Body courses whereof one must be with at least a director.
- Theory exam with at least a 90% pass mark
- Examination with a director to be completed within 24 months of acceptance into teacher training.

4.4.4 Additional requirements for teachers who intend to teach Level III

Candidates must:

- work at least one week as assistant teacher (in 2nd or 3rd assistance) at Dr. Vodder Academy Walchsee (Level III);
- spend four weeks of clinical internship at the Lymphedema Clinic Walchsee (recommended but not mandatory);

4.4.5 Requirements for attaining instructor level

Candidates must:

- have at least three years of experience as Level III teacher;
- hold a (verifiable) minimum of two Level III and two Level II courses a year;
- have their technique reviewed by two directors (at teachers' meeting);
- assist in at least three Reviews II & III; the last one is taught by the Candidate (with director's presence as evaluator
- authorization is granted by the Board for two years at a time.



4.4.6 Teachers' meeting (TM)

- Each teacher must attend a two-day teachers' meeting at least every two years. There is no charge to attend this meeting.
- Each teacher must attend a two-day teachers' meeting in Walchsee at least every four years.
- By attending the Teachers Meeting, teachers will no longer be required to attend the therapist recertification every two years.
- Teachers who are unable to attend the Teacher Meeting may, as an exception pay to attend the full Therapist Review within the same year that they are due to attend the TM. Teachers who fail to attend must stop teaching.
- Teachers who do not teach a class in one year must attend a Teacher Review with a director and take a Teacher exam for their level of teaching the following year. Teachers who fail to attend must stop teaching.

4.4.7 Requirements for offering courses

Teachers may only offer and hold courses approved by Dr. Vodder Academy International.

Courses not included in the Bylaws are subject to prior approval by the Board and may not be offered without this approval. For example, Review of Basic/Level I Courses may only be attended by therapists trained at DVSA/Dr. Vodder School International (DVSI) in a Basic/Level I Course only in preparation for instance for a #Level II or Level III course. Graduates of Level II, Level III or four-week courses may not attend the above. Students from other Lymphdrainageschools are only allowed, if the practical training has the same amount of lessons than our training.

4.4.8 Theory teacher training

If a doctor or physician wants to become a theory teacher of the Dr. Vodder Academy International there are 2 options: a) he/she has to join at least two full Level III theory lessons with two different teachers or b) the applicant comes for one week to Walchsee to join the Clinic and during his/her stay, has to join one Level III theory class.

4.4.9 Review Certificates for non-Vodder trained persons

We accept all students from other lymph drainage schools who have been taught a Vodder-like technique (all German schools, Klose etc, but not Le Duc, Casley-Smith, Chickly, etc.). Only students who did the 4 week or Level II and Level III training **with DVAI/DVSI** will get an original DVAI Certificate, all the others just receive a confirmation of participation. Only students from Dr. Vodder Academy/School International will be listed on our Websites. Therapists from other lymph drainage schools are only accepted if the practical training is equivalent or similar to the Dr. Vodder Academy training. We do not accept students to join our Reviews who only did online-training classes or with less practical teaching hours.

4.5 Breach of contract and other conflicts

Violations of qualification standards and rules may result in withdrawal of the teaching authorization and expulsion from the Working Association.

In these cases or other conflicts, the Board shall act as an arbitration panel and must seek to resolve the conflict. If there is not solution, the teachers have to remove all pictures who shows students with our Certificates and is no longer allowed to use Dr. Vodder in any respect. (Emailaddress, Website, promotion, Logo...)



5 Rules

Any teacher to be authorized for teaching shall sign the Bylaws before becoming qualified to teach. In so doing, he recognizes all Annexes according to the List of Annexes (Annexes 1 and 2).

The individualized license agreement regulates the qualification-dependent service packages for teaching therapists and estheticians, including the relevant fees. License fees shall only apply if courses actually take place. New parties to the agreement (as of 1 July 2014) may only be designated by Dr. Vodder Academy International. Teachers must exclusively teach the Dr. Vodder Method of Manual Lymph Drainage as follows. Whilst certified to teach the Dr. Vodder Method of Manual Lymph Drainage by the Dr. Vodder Academy / School, teachers agree not to teach any other form of manual lymph drainage or lymphatic massage to health professionals or estheticians. If no longer certified to teach by the Dr. Vodder School / Academy, teachers agree not to claim to teach the Dr Vodder method of MLD nor to use the Dr. Vodder name in association with teaching. Teachers further agree not to teach any other form of manual lymph drainage or lymphatic massage to health professionals or estheticians for a period of 24 months after the termination of this agreement by either party. Any changes to the curriculum or Dr. Vodder Academy teaching materials, or additional teaching materials used in any classes must be approved by the Dr. Vodder Academy before use.

6 International trademark (uniform certificate)

There will be a certificate for all course participants (worldwide), which bears the logo of “Dr. Vodder Academy International” and, where applicable, the country-specific/individualized logo. Its contents and design shall be agreed upon by the Board and require approval.

6.1 Signature

As a matter of principle, each certificate of “Dr. Vodder Academy International” will be signed by the instructing teacher and by one of the listed directors and, where applicable, by the instructing physician or doctor.

6.2 Embossed seal

Each certificate will have an embossed seal. Only a certificate with all the above quality criteria (logo, signature, seal) is an original certificate of “Dr. Vodder Academy International”. Samples of the certificates used (Dr. Vodder School International and Dr. Vodder Academy International), including their specific quality criteria, will be shown on the website.



6.3 Sample certificate



Fig. 3: Sample certificate

7 Minimum prerequisites for admission to MLD courses

7.1 Health care professional training

Medical

People with medical training such as doctor, nurse, chiropractor, osteopath, physiotherapist or registered massage therapist with a minimum 2200 hours of training.

Evidence of your qualification and/or medical registration number need to be submitted with your completed application. Photocopies/ scans are acceptable.

Non-medical

People with other Massage Therapist training & qualification(s). The practical (hands on) element of the course must have been in the classroom or supervised for a minimum duration of 250 hours (on-line is not acceptable) from one institution. If home study and/ or case histories formed part of the course, these must have been documented and submitted for assessment by the course provider. The exams must have been taken in person (not remotely on-line) and passed.

The theory (anatomy, physiology and pathology) elements of the course must be for a minimum duration of 94 hours and may be in the classroom or home-study (including on-line). The exams must have been taken in person (not remotely on-line) and passed.



Evidence of qualifications including course hours & delivery method(s) (classroom, home study, case-histories etc) in the above categories (that is hands on, anatomy, physiology & pathology) must accompany the application. This information can usually be found in the syllabus. Photocopies/ scans are acceptable.

If an applicant no longer has the details, then the course provider(s) may be able to supply a copy or letter of confirmation. Teachers are unable to carry out enquiries or research on behalf of applicants.

Aromatherapists who have completed a nationally-recognised training are allowed to take the Esthetician Level I and Advanced Body classes but not to continue on to the Level II or Level III classes.

7.2 Esthetic courses

Worldwide: certificate of a recognized beauty therapy or esthetician training course.

8 Packages

Teachers in Europe must obtain the packages from DVAI and in North America from DVSI. Teachers in all other countries obtain packages from their relevant training center (DVAI or DVSI) dependent on where they were trained. Directors are exempted from this rule.

Applicable prices are listed in [Annex 2](#).

9 Final provision

The present Bylaws, including all Annexes, are proposed by the Board of the Working Association and confirmed and accepted by all members with their personal signatures.

Walchsee, December 2022

Hildegard Wittlinger

Andreas Wittlinger

Maria Wittlinger

Dieter Wittlinger,

Grace Dedinsky



Annex 1 – Training contents / curriculum

Manual Lymph Drainage

Manual Lymph Drainage as provided by physiotherapists/physical therapists, massage therapists, nurses or occupational therapists is a form of therapy where special strokes are used to encourage lymph drainage and thus exert a positive influence on a variety of pathologies.

Manual Lymph Drainage is applied – mostly in combination with compression therapy – to treat edema which is resistant to medication or where diuretics alone fail to provide satisfactory edema reduction.

Since Manual Lymph Drainage (MLD) uses a stroke technique and a system very unlike other massage techniques the relevant knowledge and skills are expanded and reinforced by special further training integrated into a whole system of courses. Training contents are taught in medical theory classes as well as in theoretical and practical units of instruction designed to accompany practical application.

A) Admission requirements for participants:

Participants in further training must provide evidence that they have completed their vocational training as massage therapist / massage and balneotherapist, physical therapist / physiotherapist, nurse or occupational therapist etc.

B) Curriculum of health care professional training:

Curriculum of 4-week training: German speaking countries

1. Duration:

- 1.1 Minimum duration of 4-week training: 170 units of instruction (UI).
This does not include the examination time. 1 UI = 45 minutes
- 1.2 Daily lessons within a course may not exceed ten units of instruction.
- 1.3 Further education may be provided in a 4-week course or in two modules (Basic and Therapy course). The Basic and Therapy I Courses are combined into one single Elementary Course (*Basiskurs*). The last two weeks of instruction must be consecutive weeks.

There must be two days without classes after a maximum of five days of instruction. These free days may be waived in special cases or in consultation with the provider or with the national Dr. Vodder Academy.

- 1.4 As a rule, the 4-week training should be completed within seven months.
- 1.5 It is completed when participants have attended all course units and successfully taken the final examination.



2. Contents:

- 2.1 The curriculum for the 4-week training includes a minimum of 24 units of medical theory and 146 units of practical training / theory accompanying practical application. The training contents to be taught include:
- Theory, stroke techniques applied to and practiced on healthy persons;
 - Repeated patient demonstration;
 - Theory and practice of compression bandaging and decongestive measures;
 - Indication and contraindication.
- 2.2 The training contents provided in the 4-week training are based on the following reference curriculum:
- 2.3 A 100 % presence on all our courses is required. If there are exceptional circumstances such as illness or death, each case can be taken individually with the teacher whether to accept these students into the exam. The rule is 10% absence (4 real hours in one week) is the maximum.

Scope of training course:

170 units of instruction (UI) whereof 24 UIs in medical theory (1 teaching unit = 45min)
146 units of practical training / theory accompanying practical application plus one final examination

Basiskurs (Germany - first two weeks) (90 UIs)

Theoretical instruction, 24 UIs, whereof at least 8 UIs of medical instruction.

Contents of training:

- General anatomy and physiology of blood circulation;
- General anatomy of the lymphatic vessels and lymph nodes;
- Indications and contraindications;
- Special anatomy of the main lymphatic vessels as well as of the lymphatic systems of the various body regions and the skin;
- Physiology of the interstitial space, lymphatic system and lymphatic fluid
- Structure and function of the interstitial connective tissue, physiology of interstitial exchange of matter, diffusion, osmosis, colloid osmosis, filtration, reabsorption, active cell transport process, permeability of blood capillaries
- Extravascular circulation of blood proteins
- Exchange of matter and fluid in the terminal portions of pathways
- Degrees of edema (latent and manifest edema);
- Starling's equilibrium
- Physiology of the lymphatic system (drainage function, lymph formation, lymph-obligatory substances, lymph transport, transport capacity of the lymphatic system, defence and filter function);
- Degrees of edema (latent and manifest edema);



- Lymphatic fluid, chylus;
- Pathophysiology of edema, exudation, transudation;
- Pathophysiology of the lymphatic system (forms of lymphatic insufficiency);
- Reaction of the body to lymphostasis;
- Lymphatic immunodeficiency;
- Degrees of edema (latent and manifest edema);
- Measuring (standardized measurement of volume and circumference) and documenting edema
- Development of MLD;
- Mechanism of action of MLD.

Practical instruction:

- Principles of applying MLD;
- Massage techniques in MLD;
- Treatment of the various parts of the body (neck, face, arms, back, buttocks, chest, abdomen, legs, nape of neck);
- Special strokes.

Participants will practice on each other. Where required patient demonstrations will be included.

Therapiekurs – equivalent to Level III Courses (90 UIs)

See Level III course below for more information

Curriculum of health care professional training: non-German speaking countries

Level I

Online theory instruction (8 hours plus self-study and reading, total: 30 hours approx.), may also be provided by the relevant teacher (8 hours ++, 12 UI).

Contents of training:

- General anatomy and physiology of blood circulation;
- General anatomy of the lymphatic vessels and lymph nodes;
- Indications and contraindications;
- Special anatomy of the main lymphatic vessels as well as of the lymphatic systems of the various body regions and the skin;
- Physiology of the interstitial space, lymphatic system and lymphatic fluid:
- Structure and function of the interstitial connective tissue, physiology of interstitial exchange of matter, diffusion, osmosis, colloid osmosis, filtration, reabsorption, active cell transport process, permeability of blood capillaries
- Extravascular circulation of blood proteins
- Exchange of matter and fluid in the terminal portions of pathways;
- Starling's equilibrium;
- Physiology of the lymphatic system (drainage function, lymph formation, lymph-obligatory substances, lymph transport, transport capacity of the lymphatic system,



defence and filter function); Lymphatic fluid, chyle;

Practical instruction (32 hours, 40 UI):

- Principles of applying MLD;
- Massage techniques in MLD;
- Treatment of the various parts of the body (neck, face, arms, back, buttocks, chest, abdomen, legs, nape of neck).

Review of Level I (8 hours)

- The basic sequences for different body regions (neck, face, arms, legs, abdomen, breast and back, nape and buttocks if time permits) are repeated. All Level 1 techniques should be checked. Participants are expected to know sequences before continuing to Level II or Level III. Theory if required.

These Reviews are only open to Level I students.

Level II students and higher-level students may not participate.

Level II Applied MLD Course (32 hours, 40 UI)

Practical instruction:

- Repetition of basic concepts, techniques and sequences;
- Special techniques and applications.
- Non-lymphedema related pathologies will be explained, e. g. ankle sprain, CRPS, sinusitis, whiplash, stroke, burns, scars, etc. Pathophysiology and role of MLD and other accompanying therapies. Update on current research for effect of MLD on non-lymphedema pathologies.

Participants need to pass a practical exam at the end of Level II course to gain certification. If they fail, they need to repeat the failed portion of the exam. If they fail again, they need to retake the entire course (Level II) and exam.

Review of Level II (12 hours or 1.5 days)

- Repetition of Basic/Level I Course techniques on various body regions;
- Repetition of all special strokes (face, shoulder, arm, hip, leg, deep abdomen, intercostal);
- Pathology discussion and theoretical instruction where required or upon request;

This course is open to Therapy I/Level II as well as Therapy II&III/Level III course graduates.

This course may be a part of the Level III review (see below) and attendance is only required for the 1.5 days to cover the above topics.



Esthetician Advanced Body review (12 hours or 1.5 days)

- Repetition of basic techniques on various body parts.
- Review and repetition of any specials for face and appropriate techniques for spa and esthetic clients.
- Theory updates and review as necessary.
- Case reports

Only students who have attended the Dr. Vodder Advanced esthetician body class may attend.

Esthetician Advanced Neck and Face Review: (8 hours or one day)

- Repetition of Basic and Special techniques on neck and face.
- Case reports and theory updates.

Only students who have attended the Dr. Vodder Advanced Neck and Face class for estheticians may attend.

Level III Lymphedema and chronic edema course (73 hours or 90 UIs)

Theoretical instruction: 16 hours or 24 UIs

Taught by a physician/lymphologist with special lymphology training. May be taught remotely (live, on-line) or in-class.

Lymphedema:

- Diagnostics of lymphedema, lymphoscintigraphy, indirect and direct lymphography, patent blue test, Stemmer's sign, primary lymphedema and its pathophysiology, secondary lymphedema and its pathophysiology, malignant lymphedema, MLD and metastatization;
- Risks and prevention of edema, edema fact sheets;
- Compression therapy of lymphedema using bandaging, stockings and compression devices;
- Surgical interventions in lymphedema;
- Complications in lymphedema such as erysipelas, lymph vesicles, lymphatic fistulas, lymphocele, lymphogenic ulcers, protein fibroses, interdigital mycoses, papillomatosis cutis lymphostatica, Stewart-Treves syndrome = angiosarcoma;
- Lymphedema and pregnancy;
- Radiation injury in combination with lymphedema; Radiation dermatitis, radiation fibrosis, radiofibrotic plexus injury, radiation injury of other organs;
- Outpatient and inpatient lymphology treatment and results in lymphedema.
- Face lymphedema after neck dissection

Artificial lymphedema (self-induced edema):

Pathophysiology, diagnosis and therapy.

Assessment and measurement of lymphedema.

Venous edema:

- Anatomy of veins and pathophysiology of the venous system,



- thromboses, thrombophlebitis, varicose veins, ulcus cruris venosum,
- compression therapy in phlebedema, phlebedema/ulcus cruris/phlebolymphe-
dema as indications for MLD.

Edema caused by physical inactivity:

Pathophysiology, role of MLD.

Edema in arterial circulatory problems:

Pathophysiology, gangrene, indication for and limits of MLD and compression therapy.

LIDO – Lipohyperplasia dolorosa

- Distinction between adiposity, lipohypertrophy, lido and lipolymphe-
dema.
- Pathophysiology, diagnosis and therapy.

Idiopathic edema:

Pathophysiology, clinical picture and therapy, role of MLD and compression.

Chronic inflammatory edema:

Rheumatic edema, pathophysiology, MLD as additional therapy.

Contraindications for MLD, in particular:

- Acute infections,
- cardiac decompensation,
- acute phlebothrombosis,
- local recurrence of tumor, local metastasizing,
- acute eczema in edema region;

Edema that only respond to medication and dietary therapy;

Prescription of MLD.

Prescription of compression bandaging and stockings: Indications for bandaging;

Different types of compression stockings, compression devices and prostheses;

Psychological problems in patients with edema in post-cancer treatment.

Patient demonstrations:

At least 3 patients suffering from edematous disorders need to be presented, among them at least one case of primary edema, one case of secondary lymphedema of the arm, one case of secondary lymphedema of the leg, one phlebedema and one lipedema. As a matter of principle, these patients must be introduced. Deviations are admissible in countries other than Germany/Austria.

Minimum contents of medical/theoretical instruction:

Anatomical and physiological basics of the circulatory system (arterial, venous, lymphatic); etiology and pathogenesis of edema, especially in malignant diseases; complications in lymphedema; organ damage und edema following radiation therapy; indications and contraindications for MLD. Other medical and non-medical treatment options in lymphedema in addition to MLD.



Minimum contents of practical instruction (57 hours, 66 UI)

Repetition of practical instruction from Level I and Level 2 (Basic) course. Lymphatic drainage and compression therapy of primary lymphedema of the leg, secondary lymphedema of arm and leg, LIDO and venous edema. Lymphatic drainage and remedial exercises as well as decongestive respiratory therapy. Treatment of ulcerations, protein fibroses and radiation-induced fibroses.

Participants will practice on each other. Treatment will be demonstrated in two or more edema patients (at least one secondary edema of the arm and one secondary edema of the leg, when available) by the practical instructor or the treating therapist including complete bandaging of the edematous extremity.

Written and practical/oral final examination:

3. Final examination:

- 3.1 This test includes a written, a practical and a medical/oral examination of all training contents.
- 3.2 Students will pass the examination if they score "sufficient" in all portions of the examination. Each failed portion of the examination may be repeated no more than two times.

C) Minimum requirements to be met by the provider of health care professional training

- 1. Training must be led by a doctor specialized in the relevant discipline. The leading physician must provide evidence of two or more years of full-time employment in a specialist clinic or department of lymphology. Working time creditable for this purpose must relate to employment of 15 or more weekly hours. Part-time employment will be credited based on the actual weekly hours worked.
- 2. The contents of the health care professional training curriculum are taught by qualified specialist teachers. Theoretical instruction is provided by a medical specialist (doctor) or lymphologist approved by the Board. Practical training contents are taught by specialist teachers of MLD.
- 3. The training provider must have suitable rooms for instruction and practice.
- 4. Further training is provided on the basis of the reference curriculum.
- 5. The following teacher-to-student ratio applies to practical training:

up to 20 participants
21 to 36 participants

1 specialist teacher
1 specialist teacher and 1 assistant



D) Level III Course Review (20 hours or 27 UI)

Prerequisites: students from other training programs

We accept all students from other lymph drainage schools who have been taught a Vodder-like technique (all German schools, Klose etc, but not Le Duc, Casley-Smith, Chickly, etc.). Only students who did the 4-week/Level I, II and III training with us will get an original DVAI Certificate, all the others just receive a confirmation of participation. Only students from DVAI/DVSI will be listed on our websites.

The following aspects **must be** incorporated in the content of a Therapy II and III/Level III Review

syllabus:

- Repetition of basic strokes (stationary circle, scoop, pump and rotary technique);
- Repetition of special techniques (for Level II graduates)
- Repetition of bandaging techniques – demonstration of tips and tricks from clinical practice;
- New techniques and treatment approaches;
- Demonstration and treatment of patients (when available).

The following aspects **may be** incorporated in the content of a Therapy II and III/Level III Review syllabus:

- Measuring lymphedema in daily practice;
- Presentation of case reports by participants;
- Presentation of lymphology news (bandaging, K-tape, etc.).
- Theoretical update

Review (Therapy Update) format combining therapists from Therapy II&III, Level II + III

Therapist	Prerequisite	Day 1		Day 2		Day 3
		8.00-12.45	13.45-17.30	8.00-12.45	13.45-17.30	8.30 - 12.45
		Level 2 updates	Level 1 updates	Theory updates	Edema updates	Compression
II&III therapists	Therapy II&III or Level I + II + III					
Lymphedema therapist	Therapy II&III or Level I + I III					
Applied MLD therapist	Therapy II&III or Level I + II					



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E) People retaking classes.

Just like the Basic and Therapy I reviews, students retaking classes must receive certificates of completion/achievement. Teachers who have students attending a class to retake it pay the Dr. Vodder School for these certificate and license fees i.e. \$ 69 for the 3 or 5 day classes and \$125 for the 10 day classes.



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