Start Here | The 9-hour-25-minute professional MLD refresher

Audience: a therapist who has previously completed relevant MLD training and wants structured revision, updated safety knowledge, method-specific skill feedback and a return-to-practice plan. **Not a new qualification.**

How to use this private course

1. Set aside **565 minutes** across several study sessions. This is guided reading, observation, written assessments and supervised practice time; **it is not 9 hours of narrated video**. Additional educator time may be needed.
2. Print the **Red-Flag / Stop-Sign Card**. Complete Modules **1–3** before any volunteer practice. Passing Module 3's safety test is mandatory.
3. Have the illustrated atlas beside the relevant lesson. These are original educational schematics, not medical treatment pathway maps; anatomical and hand-position accuracy require educator review.
4. Use the Module 4 video list to observe movement quality. Verify the links and obtain corrections from a suitably trained instructor. A video cannot assess pressure or manual competence.
5. Use the supplied **Client Screening**, **Session Documentation**, **Home Visit** and **Competency** forms. Use fictional information in exercises. Protect actual health records.
6. Do Modules 5 and 6 as structured role-plays and approved healthy-volunteer skill stations only. Defer any unscreened, swollen or medically complex client.
7. Finish Modules 7–8 and assemble the competency portfolio, credential checks, insurer confirmation and plan for hands-on sign-off.

Exact course timing

Module	Subject	Time	Completion evidence
1	Modern MLD / CDT	45 min	Six-question evidence and scope check
2	Applied anatomy	45 min	Annotated diagram and oral teach-back
3	Red flags and referral	75 min	Six case triage and 100% critical-safety answers
4	Vodder technique review	120 min	Five movement observation and feedback records
5	Complete client session	75 min	Mock enquiry, consent, SOAP note, home checklist
6	Regional practice	100 min	Six safe station records, educator observations
7	Conditions and evidence	60 min	Referral/marketing claims audit
8	Return-to-practice	45 min	Portfolio and two-/six-week plan
	TOTAL	**565 min (9 h 25 min)**	**Educational learning only**

Illustrated visual reference index

Find the diagrams within each module, or use the standalone atlas.

Module 01	**Plate 01**	CDT / DLT overview and 2026 source-check note
Module 02	**Plates 02–05**	Whole-body anatomy, microanatomy, watersheds, limb landmarks
Module 03	**Plate 06**	Stop / defer / go screening pathway
Module 04	**Plates 07–09**	Skin stretch, Vodder movement shapes, common faults
Module 05	**Plates 10–11**	Client session and table / bolster arrangement
Module 06	**Plates 12–13**	Six anatomical regions and altered lymphatic networks
Module 07	**Plate 14**	Indications, exclusions and referral boundaries
Module 08	**Plate 15**	Staged 2-week / 6-week practice development

Instruction

Educational schematics only. A qualified instructor must verify technique.

Before you begin

- Locate original MLD course evidence and current relevant professional registration.
- Check your indemnity cover for massage, home visits and specifically proposed lymphatic services.
- Identify an appropriately trained Vodder/MLD educator who can observe pressure, stroke orientation and safety decisions.
- Read the distinction between gentle wellness within scope and specialist CDT/clinical lymphoedema care.
- Be ready to decline or refer new or unexplained oedema, cardiac-related fluid, sudden unilateral swelling, possible infection and altered cancer-treatment pathways.

Reference atlas index

Plate	Illustration	Module
01	Four components of CDT	1
02–05	Whole-body nodes, lymphatic microanatomy, watersheds, limb regions	2
06	Triage and red-flag decisions	3
07–09	Skin stretch and five movement-family mechanics	4
10–11	Appointment steps, bolstering and safe setup	5
12–13	Regional study and changed lymphatic pathways	6
14	Conditions / indications / referrals	7
15	Two-/six-week practice sequence	8

Required sign-off rules

Written knowledge: Mark each module's answers; for Module 3, no missed urgent DVT, PE, infection or heart-failure decision is acceptable. **Practical technique:** An approved instructor should observe and document the five movement families and the regions intended for real use. **Clinical scope:** Specialist lymphoedema, cancer-related drainage, compression prescription and complex postoperative treatment require separate relevant qualifications and professional registration. A written completion statement does not mean certified clinical competence.

Useful first references

- ISL 2023 consensus: https://pubmed.ncbi.nlm.nih.gov/39207406/
- NHS lymphoedema treatment: https://www.nhs.uk/conditions/lymphoedema/treatment/
- BLS 2026 MLD position edition listing: https://www.thebls.com/documents-library/british-lymphology-society-manual-lymphatic-drainage-position-document
- LAOSA: https://www.laosa.co.za/

Workbook prepared 11 November 2026. Verify changes to professional registration rules and specialist clinical guidelines before clinical use.