MLD practical refresher

Practical notes and demonstration links. Runtime: 07:20.

Setup, support, hand contact, movement review and feedback. Use the demonstrations alongside your existing course notes.

Original practical demonstrations

A - Vodder practical example

B - Dr. Vodder School basic techniques

C - PocketMedic upper-limb SLD: self-care example

Pause the refresher to watch the original source videos. Viewing them requires internet access and adds time to the programme.

00:00 - MLD practical refresher

- Prepare the client and working position

- Review contact and the basic movement families

- Watch, compare and reassess

Open the demonstration links before starting.

00:31 - Set up the table

- Explain the area you will work on

- Check comfort, support and draping

- Place what you need within easy reach

Check the pillow, limb support and draping.

01:03 - Your working position

- Stand close enough to work comfortably

- Avoid reaching across the table

- Reposition rather than holding an awkward posture

Compare your position with the therapist in Demonstration A.

01:39 - A quick anatomy reminder

- Tissue fluid enters the lymphatic network

- Lymph passes through vessels and nodes

- History can change the treatment plan

Review the relevant region in your course notes.

02:13 - Watch the hand contact

- Demonstration A: Vodder practical example

- Look at support and continuity of contact

- Note the relationship between hand and skin

PAUSE > watch Demonstration A > replay the close-up.

02:51 - Engagement and release

- Watch the working and release phases

- Avoid turning MLD into deep kneading

- Compare with the method you learned

Replay the same passage, focusing on engagement and release.

03:29 - Review the four movement families

- Stationary circles / pump

- Scoop / rotary

- Demonstration B: original Vodder resources

PAUSE > open Demonstration B > choose one movement to review.

04:07 - Compare one movement at a time

- Identify the movement and body region

- Check hand position and coordination

- Record the specific correction you need

Choose one movement and one correction to focus on.

04:42 - Arms, legs and self-care videos

- Use the correct regional teaching

- Professional MLD and self-care SLD differ

- Demonstration C: upper-limb self-care example

Optional: watch Demonstration C and compare its teaching purpose.

05:20 - Check feedback as you work

- Ask about comfort and any change

- Pause if something feels wrong

- Recheck the setup and agreed plan

Practise a brief comfort check and end-of-session feedback.

05:58 - Essential stop signs

- New painful one-sided swelling

- Hot, painful skin or fever

- Chest pain or significant breathlessness

Know when to stop, reassess or arrange medical help.

06:41 - Your practice review checklist

- Setup and support

- Contact, movement and release

- Feedback, correction and reassessment

Repeat the review for the next movement you need to refresh.

Practice notes

Movement / region: _____

Point to recheck: _____

Feedback received: _____

Next correction: _____