MLD refresher transcript

00:00 - MLD practical refresher

This refresher gets straight to the practical work: setting up the table, supporting the client, reviewing hand contact, and comparing the basic Vodder movements. Keep the demonstration links open beside the video. At each viewing point, pause, watch the original demonstration, then return. Use your existing course notes to compare what you see with the method you learned. We will finish with feedback, reassessment and a short practice checklist.

00:31 - Set up the table

Start with a brief explanation of the area you are going to work on and check the client is comfortable with the plan. Arrange the table, pillow and draping before placing your hands. Support the limb so the client does not have to hold it in position. Ask whether the position is comfortable and adjust as needed. In this example, the forearm rests alongside the client. Keep the setup simple so you can concentrate on your hands and the client's response.

01:03 - Your working position

Check your own working position before starting. Can you reach the area without leaning across the client or lifting your shoulders? Move around the table and adjust the setup where necessary. During the demonstration, notice how the therapist positions themselves relative to the limb. Separate the working position from the hand movement: both need attention. If you are concentrating so hard on reproducing a movement that your posture becomes awkward, stop, reset and compare with your original training notes.

01:39 - A quick anatomy reminder

Keep the anatomy in mind without turning this into a long theory lesson. The lymphatic network carries fluid from the tissues back toward the circulation. Regional pathways matter, and previous surgery or radiotherapy may change the plan. The diagram is a simple reminder of fluid transport, not a direction for your hands. For the practical session, use the regional approach you were taught and the client's current assessment. Do not copy a route from an unrelated self-massage video.

02:13 - Watch the hand contact

Open Demonstration A and watch the practical footage. First look at how the limb is supported. Then focus on the relationship between the therapist's hands and the skin. Watch one short passage without trying to copy it, then replay it. Compare the contact with your own course notes. MLD uses gentle, controlled skin movement rather than deep muscle work. A close-up is useful for observing movement, but pressure is something to recheck through hands-on feedback. Pause here and watch the source video.

02:51 - Engagement and release

On the replay, distinguish the working part of the movement from the release. Watch how the skin and the hand relate to each other through the movement. Compare this with the way your instructor taught skin engagement and relaxation. Do not substitute deep kneading simply because it feels more familiar from another type of massage. If your contact feels uncertain, use supervised feedback to resolve that specific point. Keep the question focused: is the issue hand position, skin engagement, release, or the way the movement is coordinated?

03:29 - Review the four movement families

Now open Demonstration B, the Dr. Vodder School's basic technique resources. Review stationary circles, pump, scoop and rotary movements using the original teaching available there. Work on recognition first: can you distinguish the named movements and identify the one you want to refresh? Then compare that movement with your course notes. These are movement families, not four steps to run through on every client. Pause this programme while you watch. Return when you have identified which movement needs the most attention.

04:07 - Compare one movement at a time

For your practice review, choose one movement rather than trying to correct everything at once. Write down its name, the region being demonstrated and the point you are checking. Compare hand position, coordination, engagement and release with your original teaching. Ask for feedback on that particular point, then repeat the review after the correction. A useful note is specific, such as needing to recheck the hand position in the scoop movement. A vague note such as improve technique is much harder to act on.

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

Keep regional teaching separate. A demonstration on an arm does not automatically become a leg sequence, and self-care teaching is not the same as a therapist's MLD session. Demonstration C shows upper-limb simple lymphatic drainage as patient education. It is useful for comparing the teaching approach and language, rather than replacing the professional method you learned. If you are refreshing lower-limb work, return to the corresponding material from your original course. Do not fill a gap by combining unrelated clips into a new sequence.

05:20 - Check feedback as you work

Check in with the client during the session. Ask about comfort and any change in how the area feels. If something is uncomfortable or unexpected, pause and find out what has changed. Recheck support, position and the agreed plan rather than simply continuing the same movement. At the end, ask what the client noticed and compare that with your observations. Keep the feedback specific and factual. This is also a useful part of practice with a colleague: one person observes the contact and the other reports the experience.

05:58 - Essential stop signs

Keep the essential stop signs clear. New painful swelling in one limb needs urgent medical assessment rather than massage. Hot, painful skin, increased swelling or fever can indicate infection. Chest pain or significant breathlessness requires urgent attention, and can require emergency help, particularly with possible clot symptoms. Stop the hands-on work and arrange the appropriate help. For a client with cardiac or haematology concerns, use the current individual medical plan; do not treat unexplained swelling as routine lymphoedema. Then return to the practical work only when appropriate.

06:41 - Your practice review checklist

Bring the refresher together with a short review. Was the client supported comfortably? Was your working position relaxed? Which movement did you review, and what feedback did you receive? What specific correction will you carry into the next practice session? Use the original demonstrations for visual comparison and your course material for the method and regional approach. Record the practical points that need attention. The aim is a clear, useful refresher: watch carefully, focus on one correction, check the response and reassess.

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.