PROFESSIONAL LEARNING LIBRARY · NOVEMBER 2026

Visual and photo production briefs

Anatomy, hand positions, bolstering and safe teaching images

Hands of Wellness & Kinetic Flow | Centurion, Gauteng | British English

> **Scope and safety:** This is an educational refresher for a previously trained practitioner, not certification, clinical diagnosis, a patient treatment recipe or a licence to provide specialist lymphoedema/CDT care. Technique content and professional scope must be verified with an appropriately qualified instructor before use.

Production status and safety

These are **artwork briefs and prompts only**, not medically validated diagrams or completed photos. Any AI-generated image must be reviewed by a qualified educator for anatomy, hand shape, contact angle, clothing and draping. A diagram must never imply a clinical drainage route through a surgically altered lymphatic system.

Anatomy and watersheds

Visual briefs and generation prompts

Visual A — Whole-body anatomy. Diagram: front and back neutral adult silhouettes with superficial green collecting vessels; cervical, axillary, inguinal and popliteal nodes; thoracic duct and right lymphatic duct. **Prompt:** “Medically accurate neutral adult anterior and posterior lymphatic anatomy line drawing, white background, muted green collecting vessels, labelled cervical axillary inguinal popliteal lymph nodes, thoracic duct and right lymphatic duct, professional British English labels, no massage hand arrows, academic poster.”

Visual B — Skin microanatomy. Diagram: superficial capillary, interstitial compartment, initial lymphatic capillary, collecting lymphatic with valves. **Prompt:** “High-resolution instructional medical cutaway of skin showing interstitial fluid exchange and initial lymphatic uptake; collecting lymph vessel with one-way valves and lymphangion; restrained colour palette; no unproven physiology.”

Visual C — Intact trunk drainage territories. Diagram: trunk quadrants with midline and approximate horizontal watershed, axillary/inguinal node groups. **Prompt:** “Anterior and posterior adult torso educational schematic with normal superficial lymphatic watershed regions; distinct soft pastel territories, no post-operative routing arrows, warning caption ‘Not a treatment map after surgery or radiotherapy’.”

Visual D — Altered anatomy. Diagram: intact routes beside post-node-removal schematic, without asserting exact collateral pathways. **Prompt:** “Two-panel anatomical teaching comparison: intact regional lymphatics versus a diagram with axillary node excision marked and uncertain potential collateral

pathways shown as dotted question-mark lines; do not invent exact rerouting, clinical assessment required."

Visual E — Upper limb. Prompt: "Accurate superficial lymphatic anatomy of an intact healthy upper limb, anterior and posterior views, axillary nodes labelled, no treatment steps."

Visual F — Lower limb. Prompt: "Accurate superficial lymphatic anatomy of an intact healthy lower limb, anterior and posterior, inguinal and popliteal landmarks, no claim of clinical drainage routes."

Hand-position photography

Purpose: fundamental small circular controlled skin engagement. **Hand:** relaxed fingers or palm according to taught variant. **Working/release:** gently stretch skin in the small circle, then release without dragging. **Drill:** solo opposite forearm; then 6–10 repetitions on the partner's intact forearm under instructor observation. **Common faults:** rubbing the skin, large circles, tense fingers, too much pressure, fast rhythm. **Hand-position visual:** three frames (resting contact / controlled displacement / release). **Prompt:** "Clinical instructional triptych, therapist's relaxed fingers performing Vodder-style stationary circle practice on healthy forearm, fixed contact, subtle superficial skin displacement, pressure-release phase, accurate hands, understated arrows." **Purpose:** controlled rolling/cupped-hand skin displacement. **Hand:** naturally curved palm and relaxed wrist; no muscular squeezing. **Working/release:** develop a small rolling stretch, then unload. **Drill:** rehearse wrist motion without contact, then compare gentle contact on healthy forearm with partner feedback. **Faults:** squeezing tissue, pushing body weight, wrist rigidity, palm sliding. **Visual:** side angle hand shape plus two movement phases. **Prompt:** "Three-panel professional MLD pump hand technique photograph on intact adult forearm, gently curved palm, relaxed wrist, working and release phases, no deep tissue indentation, neutral clinic." **Purpose:** small coordinated curved skin-stretch action. **Hand:** fingers and wrist in controlled rotation with supportive hand contact. **Working/release:** gently develop curved stretch, relax pressure. **Drill:** air rehearsal followed by instructor-observed partner contact on intact limb. **Faults:** exaggerated scooping, tissue grabbing, friction, forceful pulling. **Visual:** overhead and oblique hand positions. **Prompt:** "Educational four-panel close-up of Vodder-style scoop movement on healthy forearm, supported partner, hand orientation, small superficial stretch and distinct release; no deep massage." **Purpose:** larger hand coordination for a broad, selected surface. **Hand:** relaxed hand and wrist with broad skin contact. **Working/release:** controlled rotary stretch, pressure relaxed before repositioning. **Drill:** practise wrist arc in air; then intact upper-back surface with correct draping and educator supervision. **Faults:** rubbing, large forceful circles, unnecessary oil, shoulder tension. **Visual:** three staged positions from overhead plus side view. **Prompt:** "Four-panel educational clinical photography of gentle Vodder rotary movement on appropriately draped upper back of healthy adult; therapist hand position and skin stretch/release, no deep pressure." **Purpose:** smaller contact-surface variation in selected areas. **Hand:** relaxed thumb pad with well-supported hand. **Working/release:** subtle local skin stretch, fully release. **Drill:** opposite forearm and partner feedback on point pressure. **Faults:** poking, excessive concentrated pressure, overloading thumb joint. **Visual:** thumb close-up in contact/working/release. **Prompt:** "Three-frame instructional clinical close-up thumb-pad circle technique on healthy adult forearm, support hand visible, minimal indentation, no pressure over anatomical vessels."

Bolstering, draping and posture

Photo and artwork production list

Use the generation prompts in Modules 2, 4 and 6. For each hand-position photo set, show initial contact, working-phase skin displacement and release, with accurate hand anatomy and the client appropriately draped. For bolstering, depict supported supine, side-lying and prone options, plus safe treatment height

and professional working posture. Do not generate or depict a clinically authoritative route through injured lymphatics. All generated diagrams/photos require qualified educator validation before publication; generated hand anatomy is particularly prone to errors.

Bolstering prompt: “Three-panel professional massage therapy teaching image: supine adult with supported knees and neutral neck; side-lying adult with pillow between knees; prone adult with appropriate ankle and abdominal support when suitable, neutral spine. Professional draping, safe clinic setting, no exposed intimate anatomy.”

Draping prompt: “Clinical education photo series showing privacy-preserving massage draping for a healthy adult upper arm, lower leg and upper back, only working area exposed, no intimate body exposure, clean linen, therapist’s hands clearly visible.”

Therapist posture prompt: “Side-by-side instructional photograph of experienced female massage therapist at adjustable table: ergonomically neutral stance versus clearly labelled non-preferred bent-back posture, no patient identifiers, professional clinic.”