MANUAL & INSTRUMENTAL LYMPH DRAINAGE (MLD & ILD) THERAPY TRAINING 2 - THE ENTIRE BODY TREATMENT
80 HOURS = 50 CLASS ROOM HOURS & 30 HOME STUDY HOURS

Presented by Reinhard Bergel, PhD

TARGET GROUP
This training course offers didactic and practical instruction of Manual Lymph Drainage Massage designed for MT, PT, PTA, OT, OTA, MD, RN, Estheticians.

DATE: March 13 - 17, 2006 and November 27 - December 01, 2006
LOCATION: FAJARDO. PUERTO RICO, INSTITUTE OF MASSAGE & THERAPEUTIC HEALING OF PUERTO RICO
Ms Aldebol & Mr. Trinidad @ Tel: 787-801-3144
Fax: 787-801-3297 @ Email: richardtrinidad1@hotmail.com

LODGING: Wyndham El Conquistador Tel: 787-863-1000 or
Richard Trinidad @ 787-801-3144 Fax 787-801-3297

AIRPORT: San Juan International
TUITION: $600.00 including Textbook & Video
NOTE: For all dates:
Last day to register: 14 days prior to training date.
Limited to 20 students.

REGISTRATION FORM
To register for a Training Course call (707) 942-6633/Fax (707) 942-0734 or email DrB@h-e-a-t.com or complete the form below together with a check payable to H.E.A.T., Inc. or your credit card number MAIL TO: H.E.A.T., INC. • P.O. BOX 1177 • CALISTOGA, CA 94515

Name________________________________________ Institution ____________________________
Address ______________________________________ Telephone _________________________
City __________________________ State ____________ Zip________________________
Charge to: □ Visa □ MC □ AMX Exp. Date________________ Card No _______________________
Signature________________________________________________________________________
Course Location and Date: ___________________________________________________________

THANK YOU

On-Site Course Available

HEAT Spa Kur Therapy Development Inc – Tel 707-942-6633 Fax 707-942-0734 www.h-e-a-t.com DrB@h-e-a-t.com
MANUAL LYMPH DRAINAGE MASSAGE TRAINING
THE ENTIRE BODY TREATMENT

80 HOURS = 50 CLASS ROOM HOURS & 30 HOME STUDY HOURS

Hello,

Thank you for inquiring further about our clinical instruction training in Manual Lymph Drainage Massage.

The following is a description of the course.

Our goal is to provide an intensive education in the theory and practical application of Manual Lymph Drainage Massage.

The training content follows the worldwide accepted standards in Manual Lymph Drainage Massage based on the clinical research and applications set by: Dr. Vodder, Asdonk, MD, Hutschenreuther, MD, Mislin, MD, Foldi, MD, Kubik, MD et al.

Upon completion of this 80-hour training, we are confident that you will return to successful clinical practice in Manual Lymph Drainage Massage with measurable results.

Sincerely yours,

Reinhard R. Bergel, PhD
EFFECTS OF MANUAL LYMPH DRAINAGE MASSAGE

Manual Lymph Drainage Massage is an advanced manual therapy technique developed in Europe in the 1930’s by Dr Emil and Estrid Vodder, natives of Denmark. Manual Lymph Drainage Massage is a unique method within the broad framework of classic massage, whereby very light manual strokes stretch the skin to bring about a gentle lymph vessel pumping action in the soft tissue, stimulating the movement of fluids. The gentle, rhythmic, pumping massage movements follow the anatomical direction of lymph flow and produce rapid tissue cleansing results.

Manual Lymph Drainage Massage is used primarily to promote the optimal functioning of the superficial lymph capillaries, vessels, nodes and ducts that lead to the blood circulatory system.

Manual Lymph Drainage Massage facilitates initial lymph vessel and venous capillary actions, which are responsible for carrying excess water, large protein molecules and metabolic wastes from the connective tissue back to the circulatory venous system. During the transportation process the lymph is cleaned, filtered and concentrated and many immune reactions occur in the lymph nodes. If the pathways become congested, blocked, damaged or severed, then fluids can build up in the connective tissue leading to edema. Eventually cell pathology may begin. If there is damage in the connective tissue (e.g. burns, chronic inflammation, ulceration, hematoma), then the lymph vessel system must transport the damaged cells, inflammatory products and toxins away from the area. The quicker this can happen, the faster recovery will occur.

Through the pumping and stretching effect on the lymph vessels, this special Manual Lymph Drainage Massage method based on Dr. Vodder’s findings and method, stimulates the contraction of lymph vessels, helping lymph fluid to move. Scientific research in Europe for nearly sixty years by Dr’s Vodder, Hutschenreuter, Mislin, Foldi, et al. has made this procedure a well documented therapeutic technique used in the successful treatment of over sixty pathologies.

Manual Lymph Drainage Massage is effective in the treatment of acute and chronic edema (e.g. lymphedema, edemas following strokes and local edemas of traumatic origin such as dislocations, tears and fractures), neuromuscular disorders and facial dysfunction, reflex sympathetic dystrophy, scleroderma, burns, scar therapy, acne, local chronic inflammations in the respiratory tract (including sinusitis and allergies), periodontal disease, bursitis, carpal tunnel syndrome, migraine, and digestive tract disorders. Used as pre-and post-operative procedure, Manual Lymph Drainage Massage removes congestion and also minimizes scar formation.

Manual Lymph Drainage Massage relaxes the sympathetic nervous system, reduces pain and appears to enhance the activity of the body’s immune system.
TRAINING DESCRIPTION
The 50 hours class room training involves extensive hands-on work with hand strokes and their application to each body part. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of the Manual Lymph Drainage Massage, indications and contraindications. Edema, lymph edema and venous insufficiencies are described with emphasis on how Manual Lymph Drainage Massage & Compression Therapy can affect them.

TRAINING TIMES
The training course consists of fifty (50) Classroom Contact Hours of theory and practicum, lasting (5) consecutive days (see training schedule) plus thirty (30) Home Study Hours prior to the start of the classroom course. A home study knowledge content test will be administered on day 1 of the classroom training.

TRAINING PREREQUISITES
The didactic and practical instruction of the course is designed for massage therapists, estheticians, medical and allied health professionals. This course is suitable for the professions of MT, PT, PTA, OT, OTA, RN, LVN, ATC, LNP, and Esthetician.

HOME STUDY
The Manual Lymph Drainage Massage textbook and video will be provided prior to the training course. The training participant is expected to complete 30 hours home study prior to the first day of class. This will develop an extensive knowledge of anatomy, physiology and pathophysiology of the lymphatic system, as it will facilitate a smooth entry and progression of the training.

TRAINING OBJECTIVES
At the conclusion of this 80 hours course, participants will be able to
- describe basic principles of anatomy, physiology & pathophysiology of edema-lymphedema, the venous system and fluid dynamics of the human lymphatic system,
- recount indications & contraindications for therapeutic intervention,
- and systemic fluid retention,
- reproduce the specifics of Manual Lymphatic Drainage Massage (ad modum Vodder & Asdonk, MD),
- perform full treatment applications of Manual Lymphatic Drainage Massage simulated case presentations by regional anatomy of the body,
- advise clients regarding specifics of ADL, exercise and augmentive therapies (hydrotherapy) and skin care, and
to prepare for the subsequent advanced seven day therapy course, which covers specifically Compression Physiotherapy (lymph edema hand stroke methods, compression bandaging, hosiery fitting, remedial exercise procedures & skin care) in the treatment of lymph edema and venous insufficiency edema.
TRAINING CONTENT

CLASSROOM DIDACTICS: 50 Hours
HOME STUDY DIDACTICS: 30 HOURS

The Lymphatic and Venous Systems:
• Anatomy & Histology
• Physiology & Pathophysiology
• Fluid Dynamics of Lymphatic and Venous Systems, Edema-Lymph Edema, Compression Therapy & Fluid Dynamics
• Pathology & Client Counseling regarding A.D.L.’s, Nutrition, Exercise, Augmentive Therapies

CLASSROOM PRACTICUM: 50 Hours

Manual Lymph Drainage Massage
• Client Evaluation & History
• Hand-Stroke Techniques
• Treatment Application of Hand Stroke Patterns by Regional Anatomy.

TUITION

$600.00 ($400.00 Deposit, $200.00 refundable with 2 weeks notice) including Textbook & Video.
Each course limited to 20 participants.
## TRAINING SCHEDULE

| DAY 1 | Home study knowledge content test  
Theory & Practicum  
8:00a.m. - 6:00 p.m.   
Anatomy of the Arterial, Venous, Lymphatic System, Skin Structures and Functions; Physiology of Microcirculation; Pathology and Etiologies of Edema; **Technique of the Manual Lymph Drainage Massage Stroke Methods** |
|---|---|
| DAY 2 | Theory & Practicum  
8:00a.m. - 6:00 p.m.  
Anatomy of the Lymphatic System: Throat, Neck, and Abdomen; **Hand Stroke Methods**: Throat, Neck, and Abdomen |
|---|---|
| DAY 3 | Theory & Practicum  
8:00a.m. - 6:00 p.m.  
Anatomy of the Lymphatic System: Lower Extremity, Arm; **Hand Stroke Methods**: Lower Extremity, Arm |
|---|---|
| DAY 4 | Theory & Practicum  
8:00a.m. - 6:00 p.m.  
Anatomy of the Lymph System: Back, Flank, Face, Chest  
**Hand Stroke Methods**: Back, Flank, Face, Chest |
|---|---|
| DAY 5 | Theory & Practicum  
8:00a.m. - 6:00 p.m.  
**Manual Lymph Drainage Massage Hand Stroke Method practice, evaluation & examination, deciding treatment plan, indications & contraindications, Examination written and practical** |

HEAT Spa Kur Therapy Development Inc – Tel 707-942-6633 Fax 707-942-0734 www.h-e-a-t.com DrB@h-e-a-t.com
Reinhard R Bergel, PhD, has operated Spa-Kur Therapy and Physical Rehabilitation Centers for over two decades

Dr Bergel (Founder and President of H-E-A-T Spa Kur Therapy Development, Inc.) has developed world-renowned therapy education, consultation, products and services for the med spa industry and offers personal consultation and on site training in Clinical and Health Spa Centers around the world.

He is trainer, author and lecturer in physical rehabilitation and Spa-Kur therapy procedures.

He is a founding member of the American Back Society and American Society of Lymphology.

He is renowned for his holistic and creative abilities in physical care, rehabilitation, and health resort and spa services (such as Exercise-, Aroma-, Hydro-, Pelo-, Kneipp-, Thalasso- and Massage therapy as well as Manual Lymph Drainage Massage and Compression Physiotherapy (CPT)).

He has been practicing and teaching Lymph Edema Management since 1986.

Dr Bergel, born in Austria, the home of the most distinctive health spas in the world, studied the Austrian-German health care systems, which recognize and appreciate the great therapeutic value of Spa-Kur Therapy programs.

Dr. Bergel has received degrees from the University of Cologne Germany (Exercise Science & Physical Rehabilitation), the University of California Los Angeles (Kinesiology) and the University of California Berkeley (Exercise Science).

MEMBERSHIPS
- National Lymphedema Network
- American Society of Lymphology
- International Society of Lymphology
- German Society of Lymphology
- American College of Sports medicine / American Institute of Medical Esthetics
- Board of Directors at Day Spa Association & The International Medical Spa Association

Dr Bergel brings his years of experience and unique products from around the world to ensure that H-E-A-T Inc. will continue to lead in spa consulting, products, development and training.

**H-E-A-T Inc. Is Serving the Health Care Industry since 1980.**
ON-SITE TRAINING

MANUAL LYMPH DRAINAGE MASSAGE TRAINING
THE ENTIRE BODY TREATMENT
(80 HOURS = 50 CLASS ROOM HOURS & 30 HOME STUDY HOURS)

Presented By Reinhard R. Bergel, PhD

THANK YOU FOR YOUR INTEREST IN MANUAL LYMPH DRAINAGE MASSAGE TRAINING.
The following describes the conditions and cost for an on-site course at your facility.

1. 5 days, 50 class room hours on site training course - $800.00 per person, course material and video extra. Travel and lodging expenses are in addition to the training course fee. A minimum of 6 students is required with our option to pool additional students from our waiting list.

2. 5 days, 50 class room hours on site training course - $700.00 per person, course material and video extra with 12 and more students. Travel and lodging expenses are in addition to the training course fee.

In either of the above cases a $500.00 non-refundable deposit is required to book a training course date.

Items, which must be furnished by the host facility
* Room to hold the training course
* VCR/TV/LCD set-up
* Overhead projector
* Massage tables or equal

NOTE: While at your facility, Dr. Bergel is prepared to offer a lecture and in-service for your staff not attending the course. This is a very popular lecture with the purpose to further their knowledge in the treatment application of Manual Lymph Drainage Massage.