

Manual Lymphatic Drainage (MLD) – 3■Day Course Notes

What is MLD?

Manual Lymphatic Drainage is a gentle, rhythmic skin■stretch technique that stimulates lymph flow and reduces swelling.

Day 1 — Foundations & Basic Strokes

- Anatomy & physiology of lymphatic system
- Indications and contraindications
- Principles: light pressure, rhythm, proximal-to-distal sequence
- Basic strokes: stationary circles, pump, scoop, rotary
- Hands■on practice

Day 2 — Regional Application (Upper & Lower Limb)

- Upper limb sequence demo + supervised practice
- Lower limb sequence and considerations
- Practical assessment (20–30 min treatment)

Day 3 — Special Techniques & Case Studies

- Face, abdomen, chest, axilla, groin
- Compression & CDT overview
- Case study planning
- Final practical + written exam

Instructor Rubric (Summary)

- Pressure, direction, rhythm, sequence logic, patient handling (5 criteria × 0–5)

Student Quick Notes

- Gentle skin stretch (1–2 cm), 2–3 sec rhythm
- Central drainage first
- Absolute contraindications: acute infection, acute DVT, unstable cardiac failure, etc.