

45 CE Hour Manual Lymphatic Drainage Certification

Vodder Method + Criselda White Method™ (LymphoFascia Preparatory Techniques)

Day	Time	Topic / Activity
Day 1	9:00 – 9:30	Introduction, Welcome
	9:30 – 10:45	Anatomy and Physiology of Lymphatic System
	10:45 – 11:00	Break
	11:00 – 12:30	Starling Law & Lymphatic Analogies
	12:30 – 1:30	Lunch
	1:30 – 3:45	MLD History, Vodder Method, LymphoFascia Techniques by Criselda White, Indications & Contraindications
	3:45 – 4:00	Break
	4:00 – 6:30	Types of Swelling: Lymphedema (Primary & Secondary), CVI, Lipedema, Surgical Edema, etc. Introduction to Vodder + Lift-and-Roll Hand Techniq
Day 2	9:00 – 9:30	Review Day 1, Feedback, Questions
	9:30 – 10:45	Demonstration of Vodder Method + LymphoFascia Techniques Integrated
	10:45 – 11:00	Break
	11:00 – 12:30	Demonstration of Regional Nodes: Vodder + LymphoFascia Techniques
	12:30 – 1:30	Lunch
	1:30 – 3:15	Integrated MLD and LymphoFascia Treatment to Cervical, Abdominal & Abdomen
	3:15 – 3:30	Break
	3:30 – 4:45	Arm & Leg MLD Treatment
	4:45 – 6:30	Regional Node Stimulation, Abdominal Deep Work, Diaphragmatic Breathing, Vodder & LymphoFascia Sequence to Abdomen
Day 3	9:00 – 9:30	Review Day 2, Questions, Feedback
	9:30 – 10:45	Posterior Work, Pathway Clearance with Vodder & LymphoFascia Techniques
	10:45 – 11:00	Break
	11:00 – 12:30	Lower Extremity Treatment, Proximal Clearance, Distal to Proximal Flow, The Flush
	12:30 – 1:30	Lunch
	1:30 – 3:00	Full Body MLD Treatment – Vodder + LymphoFascia Integrated
	3:00 – 3:15	Break
	3:15 – 4:45	Full Body MLD Treatment – Vodder + LymphoFascia Integrated
	4:45 – 6:30	Watersheds, Anastomosis Demonstration, MLD Sequence for Non-Intact Nodes, Anastomosis Application with Watershed Consideration

Day 4	9:00 – 9:30	Review, Feedback, Questions
	9:30 – 10:45	Mastectomy MLD Treatment
	10:45 – 11:00	Break
	11:00 – 12:30	Mommy Makeover MLD Treatment
	12:30 – 1:30	Lunch
	1:30 – 3:10	Side Lying Position – Intact Node Treatment (Team A)
	3:10 – 3:15	Break
	3:15 – 4:30	Side Lying Position – Intact Node Treatment (Team B)
	4:30 – 6:30	Marketing, Intake Form, SOAP Notes
Day 5	9:00 – 9:30	Review, Test Review
	9:30 – 10:45	Intact Nodes MLD Practice – Full Body Team A
	10:45 – 11:00	Break
	11:00 – 12:30	Intact Nodes MLD Practice – Full Body Team B
	12:30 – 1:30	Lunch
	1:30 – 5:30	Types of Surgical Procedures: BBL, Tummy Tuck, Liposuction, Facelift, Breast Augmentation, Arm Lift, Thigh Lift
Day 6	9:00 – 9:30	Warm Up & Stretch
	9:30 – 11:00	Written Exam – Multiple Choice
	11:00 – 11:15	Break
	11:15 – 12:00	Evaluation, Feedback, Questions
	12:00 – 1:00	Lunch
	1:00 – 2:30	First Group Practical – Full Body MLD Intact Nodes
	2:30 – 2:45	Break
	2:45 – 4:00	Second Group Full Body Practical
	4:00 PM	Distribution of Certification, Feedback, Questions, Picture Taking, The End

Evaluation Methods

Category	Percentage
Participation and Lab Work	40%
Practical Examination	40%
Written Examination	20%

Passing Requirements

Requirement	Minimum Score
Practical Competency	80%
Written Examination	80%

Certification

Students who successfully complete all course requirements will receive:

- Certificate of Completion
- Manual Lymphatic Drainage Certification Course
- Vodder Method + Criselda White Method™

Important Disclaimer

This course is intended for educational purposes only and is designed for licensed healthcare and massage professionals working within their legal scope of practice.

Manual Lymphatic Drainage is supportive care and is not intended to diagnose, treat, cure, or replace medical care.

Students are responsible for complying with all local, state, and professional regulations applicable to their license or certification.

Required Student Supplies

Required Items
2 sets of clean linens daily
2 pillowcases
2 face cradle covers
1 blanket
Water bottle (clear liquids only)
Notebook and pens
Comfortable professional clothing
Light jacket or sweater