

You may have noticed that there are two more levels of training available to you. This is organized in a way that allows you to decide what you wish to pursue in order to meet the needs of your practice. I have attached the Dr. Vodder School descriptions of each level.

You can progress from level one to two and then three. You can also progress from level one to level three- this is the course required in order to be a certified lymphedema therapist.

Estheticians are encouraged to continue with the Advance Body Work class.

One advantage of taking level two before level three is to have knowledge of additional MLD techniques (called specials) that are referred to in level 3. Level two is also going to provide additional opportunity to improve your manual technique which really increases your confidence.

There is no theory exam for Level 2 but there is a practical exam so it’s best to arrive with your sequences memorized so that you can focus on practicing your technique and learning the special techniques designed to address orthopedic needs and to promote lymphatic drainage in deeper tissue.

**Level 3** has both a theory exam and a practical exam. FROM THE DR. VODDER SITE:

This 9-day classroom course is designed for those interested in lymphedema and edema management. **It is taken after completion of Level 1 or Level 2** and comprises theory and practical segments. (You can go directly from Level 1 to Level 3.  Level 2 can be taken at anytime as long as Level 1 has been completed.)  **Required Text is Lymphedema Diagnosis and Therapy.**

**Level 3 Lymphedema Theory.** This 2-day segment is taught in class by a medical doctor or PhD-level lymphologist. The pathophysiological background of edemas, in general, is covered as well as lymphedema and lipedema. Indications, contraindications and differential diagnosis of edema is explained. A theory exam is given during the Level 3 course.

* **Level 3 Lymphedema Practical.**This 7-day segment includes the correct application of Combined Decongestive Therapy (CDT). This includes MLD, compression therapy (bandages & garments), edema exercises and skin care. Applications include treatment of upper and lower extremity lymphedema, lipedema, chronic venous insufficiency edema and head & neck edema. A practical exam is taken at the end of the 9 day course.

**Successful completion of theory and practical exams enables certification in Lymphedema management**from the Dr. Vodder Academy/School – International.

More info from the Dr. Vodder website

  