

Dr. Vodder's Manual Lymph Drainage

A Practical Guide

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Knee (Fig. 10.14)

Cauliflower: Pump-push. The fingers and thumb grip like flat pliers (lumbrical), without pinching. The push is a thumb circle with the proximal hand. Hands alternate, 3 ×.

Popliteal space: The fingers of both hands are quite flat. The fingertips do not touch. Continuous spirals are applied across the back of the knee, counting to 5, from distal to proximal, 3 × (not shown).

Patella: The thumbs are placed on the border of the patella, 5 continuous thumb circles are performed progressing proximally along the border, 3 × (not shown).

Pump technique: With the inferior hand over the knee, the superior hand supports underneath, counting to 5, 3 × (not shown).

Pes anserinus: Work the pes anserinus (goosefoot) with alternating thumb circles, counting to 6, 3 ×.

Notes:



Fig. 10.14a Pump and push on the “cauliflower” during treatment of the knee, position 1.



Fig. 10.14b Position 2



Fig. 10.14c Alternating thumb circles on the pes anserinus.

Lower Leg (Fig. 10.15)

■ *The therapist stands next to the lower leg.*

Pump-scoop on the lower leg: Place the foot flat on the table, the knee flexed. The hand on the shin bone pumps, the hand on the calf scoops, counting to 6 or 8. Both thumbs rest on the lateral side of the lower leg, 3 ×.

■ *The therapist stands at the foot.*

Alternating scoop technique on the calf, counting to 6 or 8. One thumb is placed on the medial aspect of the lower leg, the other thumb is placed on the lateral aspect of the lower leg, 3 × (not shown).

Foot (Fig. 10.16)

Achilles tendon: The leg returns to the extended position. Work with 5 continuous spirals with 4 fingers of each hand proximally. Similar to the technique for the back of the knee, 3 ×.

Thumb circles alternating, in several lines over the ankle joint, 3 × each (not shown).

Thumb circles alternating, in several lines over the dorsum of the foot, 3 × each (not shown).

Lymph sea: Parallel simultaneous thumb circles on the lymph sea; 5 ×, 3 × (not shown).

Pressing of the transverse arch, 3 × (not shown).

Final Effleurage

1 × (not shown).

Notes:



Fig. 10.15a SP for the alternating pumps and scoops during treatment of the right leg; medial view.



Fig. 10.15b Lateral view



Fig. 10.16 Continuous circles on the Achilles tendon in parallel with two hands.

Treatment of the Nape of the Neck

The therapist stands at the patient's left side.
The patient is prone.

Effleurage

Rotary technique from the middle of the thoracic vertebrae to the cervical vertebrae, 1 × (not shown).

Profundus to Terminus

Stationary circles from the profundus down the neck to the terminus, 5 circles per position, 3 × (not shown).

Occiput to Terminus (Fig. 10.17)

Stationary circles from the occiput down the neck to the terminus, 5 circles per position, 3 ×.

Notes:

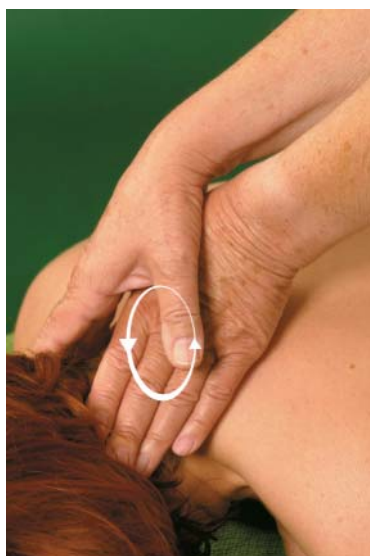


Fig. 10.17a
Stationary circles
on the occiput.



Fig. 10.17b
... down the middle
of the neck.



Fig. 10.17c
... to the terminus.

Back of the Head (Fig. 10.18)

■ *The therapist stands at the patient's head.*

Stationary circles along the nuchal line, 5 × per position, 3 positions, push toward the body, circle toward the little finger, 3 × (not shown).

Stationary circles in 2 lines on the back of the head, 3 positions per line, then the next line, 3 repetitions per line (not shown).

Stationary circles, on the lateral aspect of the back of the head caudally to the terminus, connecting the end points of each of the previous lines. Depending on the anatomy of the patient (length of the neck, size of the head), 5–6 positions are treated, in terminus supinate hands, 3 ×.

Shoulders

Pump technique from lateral to medial, over the deltoid muscle, counting to 5 (when finished, the thumbs rest in the termini), 3 × (not shown).

“Rabbit” Technique (Fig. 10.19)

■ *The therapist stands at the patient's left side.*

Pump technique with the cranial hand, alternating with pushing toward the terminus, using the thumb and the fingers of the caudal hand, counting to 6, 3 ×.

Notes:



Fig. 10.18 Lateral stationary circles during neck treatment. Position midway down the neck.



Fig. 10.19a “Rabbit” technique: SP, caudal hand.



Fig. 10.19b “Rabbit” technique: caudal hand, push phase.