

Contra Indications

Manual Lymphatic Drainage is not suitable if you have -

Malignant diseases: such as carcinomas, sarcomas, malignant tumours, leukaemia and newly occurred metastases.

Active infections or allergies: As the body is trying to keep the inflammation local, MLD encourages the flow of lymph, so spreading the infection throughout the body (this also applies to vaccinations). MLD in the case of non-bacterial inflammation, MLD is possible outside the affected region (after the disappearance of fever, redness, pain).

Thrombosis: due to the risk of embolism. After clear diagnosis can MLD be performed, outside the territory in which the thrombosis was found.

Congestive Heart Failure: also know as heart oedema or tight side heart insufficiency.

MLD is gentle but can have a great affect on the body, so if you have a certain condition, Susanna works closely with your GP and Consultant. For any other conditions please ask Susanna for details.

Other therapies carried out in the clinic are:-

EMS (Electro-Magnetic Stimulation)
Crystal Light Therapy
"M" Technique Massage
Beam Ray

Profile:

In the 1930s Dr Emil Vodder created MLD, which is now a reconised therapy in the NHS Hospitals.

Susanna has trained under the Dr.Vodder Schule method, based in Austria. She works in Cheltenham General Hospital one day a week, using M'Technique.

Susanna holds Dr Vodder Basic and Dr Vodder Therapy I certificates.

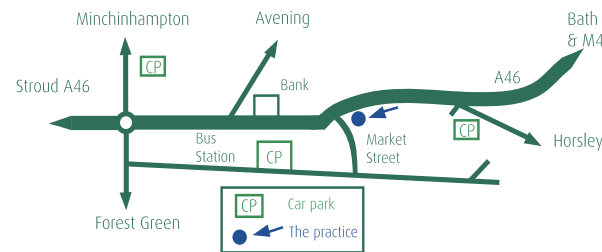


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Manual Lymphatic Drainage



 **ems pain relief sanctuary**

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How does the Lymphatic system work?

Lymph is a colourless fluid which forms in the body. It normally drains back into the blood circulation through a network of vessels and nodes. Lymph nodes play an important part in the body's defence against infection by removing excess protein, dead or abnormal cells and bacteria. Lymph helps to 'clean' our internal body.

What is Manual Lymphatic Drainage (MLD)?

It is a gentle, highly specialised, non-invasive form of massage carried out by trained therapists. It consists of light, rhythmic and pumping hand movements to stretch the skin and stimulate the lymphatic system. The aim of MLD is to move the fluid away from the swollen areas to parts that are not affected, to drain freely. The massage is very light and should not be painful. It is also very useful in softening hard, fibrosed tissue. Movements of complex pumping, scooping, circular and spiralling.

A typical MLD treatment.

Allow up to 2 hours for the first treatment as a though consultation and subsequent sessions allow up to 1-1 1/2 hours.

It is a gentle massage movements, in a warm, room with soft music. You are enclosed in soft warm towels and Susanna only uncovers the part she works on.

Price, every treatment varies in length and complexity, so give me a call to get an estimate of the cost.

Manual Lymphatic Drainage works well for -

Relaxation – balancing the nervous system.
Pain reduction – by reducing pain signals to the brain using gentle movements on the opposing side.

Tissue drainage – increasing lymph flow.

Immune response – helping to render detrimental substances harmless.

Scar tissue reduction – speeding up healing time.

Lymphoedema support – removing protein from tissues.

Prevention – supporting and enhancing the action of the immune system.

Other conditions include -

| | |
|-------------------|------------------------|
| Amputation | Parkinson's Disease |
| Anxiety | Phantom Pain |
| Burns | Pregnancy |
| Chronic Fatigue | Relaxation |
| Chronic Pain | Reconstructive surgery |
| Concussion | Scars |
| Detoxing | Scleroderma |
| IBS | Stress |
| Keloid scars | Whiplash |
| Oedema (swelling) | |



Questions:

Allergies? If you are as Asthma sufferer, please ensure you bring your prevention inhaler with you. It is always an excellent idea to drink some water after treatment, as with many therapies.

It sounds painful?

It is a very gentle and effective treatment, using just my hand movements, to work on your skin)your lymphatic vessels are 0.07mm below the surface.

Can I go to an ordinary Massage Therapist?

No, this is a highly qualified therapy, not a Lymphatic Massage, look on the MLD Uk website for qualified therapists.

Please Note

As required by English law, a client under 16 must be accompanied by a parent or guardian.

Testimonial:

Ms H – Problems relating to an old whip lash injury. Muscle ache and general neck and shoulder discomfort.

I have had 3 treatments and noticed an improvement after the one session. My last session was 6 weeks ago and there is a definite improvement overall in the muscle fatigue I had been experiencing for some time, particularly at the base of my neck where there had been long term discomfort.