

Profile

In the 1930's Dr Emil Vodder created MLD, which is now a recognised therapy within the NHS Hospitals. Susanna trained in the Dr. Vodder Schule method based in Austria.

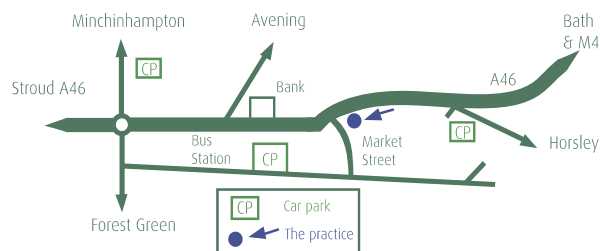
Susanna is a fully qualified Vodder therapist, trained in all lymphatic management. She practices as part time bank staff at NHS Trust St George, London, which is the UK centre of excellence for Lymphoedema.



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Compression Garments & Hosiery

Compression garments are essential in the long term management of Lymphoedema especially after a course of intensive treatment.

Susanna measures and fits these garments to meet the needs of your condition. Correct fitting is essential for the garment to work.

- Skin care
- Exercise
- Manual Lymphatic drainage
- Multi-Layer Lymphoedema bandaging



Combined Decongestive Therapy (CDT)

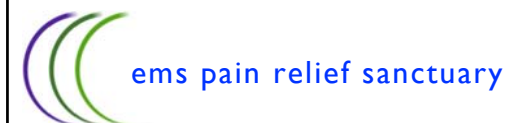
Combined Decongestive Therapy, or CDT, is when Multi-Layer Lymphoedema Bandaging (MLLB) and Manual Lymphatic Drainage are used in combination.

CDT is often used when the skin and tissue has become hard (fibrotic). It will help improve the shape and drainage of the limb, and should reduce swelling and discomfort.

Susanna practises Multi-Layer Lymphoedema Bandaging sometimes during an intensive course of Lymphoedema treatment, this consists of using different types of bandaging which improves the lymphatic drainage and helps to prevent further build up of limb swelling. Skin care and exercise will also be given.

Treatment has two stages of therapy. The first an intensive course for the reduction in swelling, and then maintenance to help keep the swelling down.

Manual Lymphatic Drainage



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Manual Lymphatic Drainage (MLD)

MLD is a gentle, highly specialised, non-invasive form of massage carried out by trained therapists to improve the working of the Lymphatic System. The Lymphatic System helps to protect the body from disease. MLD therapy 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. Allow up to 2 hours for the first treatment and 1-1½ hours for subsequent sessions. It is a gentle therapy, in a warm room with soft music. You are enclosed in soft warm towels and Susanna only uncovers the part she works on.

MLD Helps -

- To clear the skin
- As an aid to profound relaxation by balancing the nervous system.
- Alleviate fluid congestion, such as puffy eyes and fluid retention (PMT).
- Promote the healing of wounds, burns and can improve the appearance and texture of old scars.
- Facilitate the care of venous oedema
- In the healing of leg ulcers.
- Promote the treatment of Primary and Secondary Lymphoedema, removing protein from tissues.
- In pre and post surgery to aid healing.
- In recovery of hip and knee replacements.
- Pain reduction, by reducing pain signals to the brain.
- Tissue drainage, by increasing lymph flow.
- Strengthen the immune system, as part of a detox treatment.

Manual Lymphatic Drainage (MLD)



Cosmetic Surgery – Speeding Recovery

Post surgery of breast augmentation, eyelid, face and neck lifts, liposuction and rhinoplasty can have initial effects such as swelling and bruising in post surgery. A course in MLD pre and post surgery can speed up the recovery process. In Europe it is regularly used to improve healing, reduce recovery time and better scar formation.

Detox

MLD helps the body to clean from the inside out, through its gentle movements removing waste products, toxins and excess fluid. The results are clearer skin and improved skin tone, a reduction in puffy eyes and cellulite and less fluid retention.

Swollen ankles in Pregnancy

Commonly experienced by mums-to-be. Oedema of the ankles can be a sign of pre-eclampsia, but swollen ankles are also a sign of the body naturally retaining water and the lymphatic system comes under increasing pressure. Elevating your feet help but sometimes more is required. Gentle MLD helps to move the lymph, along with the waste products, toxins and result in reduced puffiness of the ankles.

MLD also benefits -

Amputation	Oedema (swelling)
Chronic Fatigue	Pre & Post Operative
Constipation	Parkinson's Disease
Keloid Scars	Reconstructive Surgery
Lipodema	Scleroderma
Lymphoedema (P & S)	Whiplash

Manual Lymphatic Drainage works well for -

Breast Cancer

Lymphoedema can occur after the removal of lymph nodes and radiation therapy, which can affect around 25% of patients. Typical signs are -

- A feeling of tightness, burning, fullness, heaviness, stretching, reduced arm movements, discomfort and pain.
- Clothes feeling tighter than usual (especially rings, sleeves, etc.)
- Thickening and drying of skin.

The four cornerstones of Lymphoedema Management are -

1. Skin Care, by washing and moisturising to help reduce the risk of infection.
2. Exercise, the importance of gentle regular limb movements, to encourage lymph flow.
3. Moving the excess fluid away from the affected area, so that it can drain away naturally.
4. Multi-Layer Lymphoedema bandaging and compression hosiery.

Susanna can help with these as part of your Lymphoedema Management.



“Swelling of arm and hardening from elbow to wrist. After treatment: Vast improvement from beginning to end after 3 week treatment, and I am completely happy with the results.”

Mrs A