

Other therapies that can be used in conjunction with MLD.

Compression garments



Compression garment hosiery is essential in the long term management of Lymphoedema.

Susanna measures and fits these garments to meet the needs of your condition. Correct fitting is essential for the garment to work. Garments can be obtained on prescription or through your GP privately.

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

What is Hivamat Deep Oscillation?

DEEP OSCILLATION allows the creation of biologically effective oscillations in the treated tissue using electro-static attraction and friction. This therapy has a gentle and deep-acting effect on all tissue components to 8cm depth. It is a patented, proven technology. The therapist uses the full range of massage movements either by gloved hands or applicator. The non-invasive, non-traumatic nature of this therapy means that early application is possible.



Chronic conditions can also be worked upon with effective results.



Susanna Priest

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

Susanna has worked in a major London NHS Hospital on the wards and for the Outpatients in the Dermatology Lymphatic Department. She has also worked in the Oncology department as a therapist for M'Technique Massage for pre and post operative 'in' and 'out' patients at Cheltenham General Hospital.

Susanna is also an EMS therapist.



Other therapies

- Electro-Magnetic Therapy (EMS)
- M'Technique Therapy
- Fusion Light Therapy (Theragem)

Clinics

Stroud

Centre 4 Health
Mutton Quarry
Amberley
Stroud GL5 5AB

All bookings & admin - see contact details below.

MOBILE SERVICE

Mobile therapy at home available - South of Bristol to Cheltenham/Oxford.

Bristol

Whiteladies Health Centre
Whately Road, Clifton
Bristol BS8 2PU

Centre 4 Health
The Whiteley Clinic
1 Litfield Place, Clifton Down
Bristol BS8 3LS

Cheltenham

The Isbourne Holistic Centre
4 Wolseley Terrace
Cheltenham GL50 1TH

Maps and directions to the clinics can be viewed at

www.centre4health.co.uk

Email: susanna@centre4health.co.uk

01453 836230 / 07867 934677

Please remember that all pre and post-operative therapies should be discussed with the surgeon directing your treatment. A therapy is not a substitute for medical treatment.

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MANUAL LYMPHATIC DRAINAGE (MLD)

- Swollen limbs
- Lymphoedema/Lipoedema
- Pre & post operative
- Shoulder, hip and knee reconstructions
- Cosmetic surgery
- Liposuction & vaser surgery
- Detox

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Diagnostics

At Centre 4 Health, our Lymphatic Nurse assesses our patients for diagnostics and Doppler testing. Then we can start your Lymphatic management programme.

What is Manual Lymphatic Drainage?

MLD is a gentle, highly specialised, non evasive 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 1-1^{1/2} 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 can help...

- To clear the skin
- As an aid to profound relaxation
- Alleviate fluid congestion, such as puffy eyes and fluid retention (PMT)
- Promote the healing of wounds and burns and can improve the healing of old scars
- Facilitate the care of venous oedema
- In the management of leg ulcers
- Promote the management of primary and secondary lymphoedema
- In pre and post surgery to aid healing
- As part of the recovery of hip and knee replacements
- Tissue drainage, by increasing lymph flow

The four corner stones of lymphatic management

- SKIN CARE - by washing and moisturising to help reduce the risk of infection
- EXERCISE - the importance of gentle regular limb movements to encourage lymph flow
- MLD MOVES THE EXCESS FLUID AWAY - from the affected area so that it can drain away naturally
- COMPRESSION HOSIERY and MULTI LAYER LYMPHOEDEMA BANDAGING to manage the swollen limb.

Susanna can help with these as part of your programme.

Lymphoedema

The lymphatic system takes all of the spent waste products from under your skin or muscles. When it is not working to its full potential, it shows as a swelling of the limb or trunk of the body. Lymphoedema is diagnosed into two sections...

Primary Lymphoedema can be present at birth, after an aeroplane flight, or brought on typically during hormonal change in puberty or menopause.

Secondary Lymphoedema can occur post operation (1/3 of cancer patients can have a degree of Lymphatic swelling) or after a trauma such as a medical operation.

Typical signs are...

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

Lipoedema

Lipoedema, is a condition which is highly undiagnosed in the UK, often diagnosed as obesity. It is an inherited disease of the fat cells in your body, making your waist to your upper thighs out of proportion to the rest of your body. Dieting hardly helps. It can be disfiguring and painful. It can develop in puberty, post menopause and child birth. The majority of cases are women. If left unmanaged Lipoedema can lead to lipolymphoedema.

Swollen ankles in pregnancy

Swollen ankles are commonly experienced by mums - to-be and they should always be checked with your doctor because it can be a sign of pre-eclampsia. If this check is clear but the swollen ankles remain then it can be a sign of the body naturally retaining water and, as a result, the lymphatic system comes under increasing pressure.

Elevating your feet can help but sometimes more is required so you are comfortable. Gentle MLD helps to move the lymph, along with the waste products and toxins and results in reduced puffiness of the ankles.

Cosmetic surgery, liposuction and vaser surgery

MLD can be of benefit after a cosmetic surgery procedure such as breast enhancement, face lifts, liposuction, tummy tucks or rhinoplasty. After the operation there is likely to be some swelling and bruising. A course in MLD, before or after surgery can speed up recovery.



Post vaser surgery for breast reduction resulted in large hematomas (bruising), sensitive patches and swelling.

"After 4 consecutive sessions of therapy: I was recommended MLD by the consultant, after post vaser surgery, having had male breast reduction. I went to see Susanna at her health suite in Nailsworth. I had a lot of swelling and bruising around my chest. I did not know what to expect, but the treatment was painless and very gentle. I felt a difference after the first treatment, which lasted 1 1/2 hours. I had three further 1 hour treatments and I felt and saw a big difference."

Mr M, Bristol/Cardiff

Shoulder, hip and knee reconstruction

In Europe MLD is regularly used to improve healing and reduce recovery time. MLD aids the body through its gentle movements, to remove toxins and excess fluid. The results are a clearer skin and improved skin tone, a reduction in puffy eyes and cellulite and less fluid retention.

'After the Operation' and 'Post Operative Care' flyers are available at the clinic.

Kinesio tape

Lymphatic correction, directing fluid towards less congested areas. This is achieved by the tape lifting effect of the skin, which decreases pressure to allow lymph flow and the tape can have a massage action during active motion. As used in the London Olympics.

