

## FAQ's

Here you'll find answers to frequently asked questions about lymphoedema, lipoedema and the other in clinic treatments. If you don't find the answer here feel free to contact [charmaine@maclymph.com](mailto:charmaine@maclymph.com)

### **What is Dr Vodder Manual Lymphatic Drainage?**

The Dr Vodder method is a gentle, non-invasive technique that gently restores the lymphatic system. The Dr. Vodder technique always begins with treatment of the lymph nodes and lymph vessels found at the neck and the junction of the large lymph channels in the venous arch on both sides of the body (connection of the jugular and subclavian veins). Dr. Vodder calls this "clearing the chain lymph nodes down to the terminus".

For MLD to be effective, use of the proper specialist technique and adaptation of the length of individual therapy sessions to meet the needs of the pathology concerned are essential. A typical MLD session requires anything from 45 minutes to 60 minutes, but may be extended to 90 minutes, depending on the treatment requirements. For more information on the Dr Vodder technique visit [https://www.vodderschool.com/manual\\_lymph\\_drainage\\_overview](https://www.vodderschool.com/manual_lymph_drainage_overview)

### **What happens at my first manual lymphatic drainage (MLD) treatment?**

Just be aware that for your first treatment, you should allow for 90 mins if you are looking for a full 60min treatment. We need to do this so we can cover off your full medical and health history so we are working within safe parameters (for you and for me). If you have particular injury or illness I will assess these and will formulate a treatment plan for the session and also provide a plan for ongoing treatments

- Each visit you have we will touch base for the first 5 or so minutes to see how you felt after your last session and set a treatment plan for the current session.

### **Do you use oils for manual lymphatic drainage (MLD)?**

No. This is a light touch lymphatic treatment and as such there is no pain with the treatment. The lymphatic systems sits under the skin, unlike muscles which sit deeper, so I use a very light touch move the excess lymph and fluid out of the tissues. This reduces any swelling (oedema) which in turn reduces any pain or discomfort. As it is such a gentle treatment protocols, this makes MLD one of the most relaxing treatments available.

### **Do you do combined decongestive therapy (CDT)?**

Yes. This is the gold standard protocol for the decongestive phase for management of lymphoedema and involves daily bandaging post a MLD treatment. If this is recommended as part of your treatment protocols, then costs for the bandages and timelines will be quoted for prior to treatment commencing.

### **Are There Any Other Reasons Why I Can't Be Treated using MLD?**

Yes, certain health conditions are not suitable for treatments. These are:

- Any metastatic or systemic malignant condition must be excluded from MLD
- MLD is not suited for the treatment of acute inflammation (caused by bacteria, viruses or foreign bodies)
- Any thrombosis at risk of causing embolism is an absolute contraindication

If in doubt I recommend that you speak with your GP or specialist

**Do you use lymphatic medical taping?**

Yes. I am trained to use Thysol Cure Tape, if needed, to support your MLD treatment. If there is a large amount of taping to do, then I will quote you for using this as an additional cost for your treatment.

**Do you fit or sell compression garments?**

No. This is because we are also very lucky to have garment fitters easily accessible on the Shore. If you have lymphoedema I can also refer you directly to your local DHB who will assess and look at funding. Note: There is a big conversation to be had about off the shelf ready-made and made to measure options so I am happy to spend time talking this through.

**Do you treat Lipoedema?**

Yes. I use the Dr Vodder protocols to treat Lipoedema. Although Lipoedema has different stages to lymphoedema and sometimes people get both as the lipoedema progresses. This is known as lipo-lymphoedema. You can't ignore lipoedema, as like lymphoedema it is a steadily progressing condition. I will treat you with the same protocols as lymphoedema, bearing in mind your pain thresholds, your stage (1 to 4) and always being considerate of your needs.

**Do you take referrals (GP / Specialist)?**

Of course. Referrals are preferred but you can also self-refer to me. Everyone's personal medical history is unique so sometimes I will need to have a chat to determine if MLD is the right treatment for you.

**Can I claim insurance (Southern Cross / Other Insurers**

For Southern Cross, yes I am an approved Easy-Claim provider under Massage and Wellness Package. I can pre-check this for you if unsure. For other insurance companies, payment is to the Clinic upfront however I can print you an invoice for you to make your own claim.

**I am undergoing a cancer treatment, will you treat me?**

Yes. I am a trained Oncology Massage Therapist, trained by Oncology Massage Training Australia. I can safely massage at any time during your cancer treatments. We can discuss with your Dr or specialist to make a safe decision for you. You can select oncology massage or the Bone Marrow Support Sequence. Note that the Oncology Massage uses massage oil.

**What is Oncology Massage?**

Oncology massage is a modified massage for people with cancer. A comprehensive case history is taken to develop a safe and effective individual treatment plan – taking into consideration the type of cancer, fatigue levels, stage of treatment, lymph node involvement, white cell and platelet count, bone density, and neuropathy. Deep peace and allowing for a relaxation response is the desired outcome of the massage.

**What are the benefits of massage for someone with cancer?**

Massage can lessen side-effects from chemotherapy, radiation, and surgery. Massage provides relaxation, relief from anxiety, and pain reduction for people at all stages of the

cancer journey. A sense of re-connecting to self is often described. Studies have shown benefits to include deep relaxation, reduced stress, improved sleep, eased constipation, increased alertness and mental clarity, reduced anxiety, less nausea and reduced pain, and a sense of satisfaction in participating actively in the healing process.

### **Isn't massage contraindicated for people with cancer?**

For years as massage therapists we were trained to see cancer as a contraindication for massage. It was thought that massage could potentially spread cancer. Science now shows that this is absolutely not true. However it is important to choose a therapist with professional training in how to modify the massage and create a safe treatment plan.

### **What is the Bone Marrow Support Sequence?**

Bone marrow support sequence is a sequence of light pressure holds at various places of the body designed to improve and support bone marrow production. It is called Bone Marrow Support Sequence because the immune cells, neutrophils and natural killer cell numbers improved after treatment. It is gentle and beautifully relaxing and restorative. Bone Marrow Support Sequence is safe for anyone at any stage of cancer.

### **What is the McLoughlin Scar Tissue Release Technique MSTR®?**

MSTR® is an amazing advancement in management of scars. Click on <https://www.mcloughlin-scar-release.com> to see what this treatment protocol is all about.

### **When can you treat scars?**

Even though your scar may be many years old this may be the release your body has been searching for. Often just one or two sessions can produce dramatic changes that you can see and feel!

### **What sort of scars can you treat?**

- Mastectomy scars
- Lumpectomy scars
- C-section scars
- Cording post breast surgery
- Hysterectomy scars
- Spinal surgery scars
- Trauma scars such as those typically found on the knee
- Head wound scars
- Amputation scars
- Underlying scar tissue from laparoscopic surgery
- Success has also been reported with burns scars in some instances

As a trained practitioner, in the clinic, I can incorporate MSTR® as part of your individualised treatment plan or as a stand-alone 30 minute option.

### **Low Level Laser Treatment – LTU-904**

The RianCorp LTU-904 is an infrared Low Level Laser (LLL) used for muscular skeletal conditions, pain relief and supports Lymphoedema Care. Its invisible wavelength penetrates deeply into the tissue but does not generate any heat. This makes it also suitable to use post injury, post-surgery and of course with Lymphoedema management. In the clinic it is used in conjunction with MLD and CDT as part of the individualised treatment plan.

**Will you come and do a home treatment?**

This is one of those things that we will need to chat about but I do realise that sometimes it is impossible to make it in to the clinic. Depending on circumstances, I can come to your home if you are within the confines of the North Shore. There may be a travel cost involved depending on how far I have to travel.