

History Of Lymphatic Drainage Massage



Estride and Emil Vodder, originators of Manual Lymph Drainage with Gunther Wittlinger, founder of the Dr Vodder School, Walchsee, Austria

1622

- **Gaspard Asselli** (1581 – 1626). The first historical discovery of the lymphatic system was documented in 1622 which refers to the findings of `milky veins` in a dog after digestion. `Chilieferi` `chlye`.

1628

- English physician to King James I,

William Harvey, M.D (1578 –1657)

published his latest findings accurately describing how blood circulates around the body and how the heart is central to this process he had discovered a circulatory system

The circulatory system that makes a Complete circuit

1647

- **Jean (John) Pecquet** (1622-1672) discover the lacteal vessels and the flow of lymph fluid in the largest lymphatic vessel into the vena cava.
- He had of course revealed the `Pecquets cistern` or as it is know today the `Cisterna Chyli`.

- The biggest revelation and true discoverer of the lymphatic system was Swedish anatomist **Olauf Rudbeck** (1630 – 1708) who declared that the lymphatic system was actually a complete and definite system within the human body and compared this to the venous circulatory system.

1637

- **Thomas Bartholin** a young Dane studied Aselli's work and injected gum resin and indigo into the lymph vessels to make them visible.
- He was the first to describe the entire lymphatic system
- Wrote 4 papers in Latin describing the
 - Lymph system as a natural process that purifies the body and regulates irritation, swelling and oedema
 - No official terminology was used to this stage

1848 - 1910

- **Alexander of Winiwarter** from Belgium (1848-1910) who was the first medical practitioner to use manual lymph drainage in hospitals for relieving lymphoedema symptoms.
- This self- education of lymphatics was at last starting to show in

- **Johan Conrad Peyer** (Schaffhausen) some 20 years later described the intestine Lymph Nodes
- ‘Payers Patches’

1878- 1951

- Add 20 or so years and the first International Lymphatic Society was formed.
- The Founder and president **Fredrick.P.Millard** (1878 – 1951) coined the phrase “lymphatic drainage” suggesting different techniques would affect the lymph flow.
- His work and discoveries were 10 years ahead of **Emil Vodder** Ph.D., M.T (1896 – 1986) and **Estrid Vodder** (1898 – 1996),

1935

- **Emil Vodder** developed the first ever known massage technique MLD - Manual Lymphatic Drainage, and his method first became known to the general public when he published his findings and his methods became recognised as effective treatments for ailments relating to lymphatic system in 1935.

1969

- 30 years later in 1969 physician Johannes Asdonk scientifically used and tested the Vodder technique establishing the first training school for MLD in Germany.
- In the first lymphatic study, 347 years after it's first discovery, 20,000 patients were tried and tested.

1980`

- In the early 1980`s Professors **Michael Foëldi M.D and Ethel Foëldi** advanced to another level by combining techniques known today as CDT, Complete Decongestive Therapy in the treatment of Lymphoedema.
- Their dedication and practice grew, incorporating specific training alongside Klose Training and Consulting and their methods continue to be used today amongst worldwide Lymphoedema practitioners,

1980- 1990

- In America, **Dr Bruno Chickly** a member of the International Society of Lymphology created Lymph Drainage Therapy, LDT.
- His work has incorporated adapted techniques to `work the lymphatic system`. He is eminent in the fight to understand lymphatic's and sourcing successful and faster treatments for Lymphoedema.

- Manual Lymphatic Mapping, MLM, differs from CDT as it creates alternative pathways for lymph and interstitial fluid. This safe and non-invasive technique more accurately helps identify alternate pathways in lymphoedema patients.
- The research is on-going but only in the field of diseased tissue. Area of great interest and work is the sports related fields and recovery and sports injury management need to be addressed



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