

# The Lymph Connection Newsletter

 St. Elizabeth  
Medical Center  
**Visitor's Entrance—Perinatal Room**  
**One Medical Village Drive**  
**Edgewood, KY 41017**



**January 17, 2005**

## **Various Modalities of Massage Therapy and Their Therapeutic Benefits**

By Laura Lander, LMT  
Florence, KY

### **Lymph Drainage Therapy (LDT)**

The lymph system is a wonderfully dynamic system. It is the great balancer and cleanser of body fluid, which makes up 80% of the body. It is similar to having an ocean inside with its own tide. Appreciating the great miracle that the lymphatic system performs might help relieve some of the distress that lymphedema patients experience about their condition.

Think of the lymphatic system as a tree trunk with the branches stretching down the limbs. The lymphatic system drains in quarters (two areas under the arms and two in the leg pit), which all flow back to drain into the blood system behind the clavicle.

Watersheds are the areas that divide these four sections, where the lymph begins to flow in different directions: down the chest and back and at the waist. Here the flow can be influenced to change direction, thus taking over some of the capacity of a quadrant that is not functioning well.

Briefly, to change the flow, first gently stimulate behind the clavicle. Next, the “main doorways” should be clear: under the arms and in the groin area, especially the ones that are not affected by surgery and removed nodes. Finally, stimulate the watersheds to coax the flow into areas that are working well. This process helps lymph “*find* new pathways,” not “*create* new pathways.”

Bruno Chikly (MD-France) discovered that there is a pulse in the lymphatic system; he trains his LDT students to feel the pulse and stimulate the rhythm so that sluggish areas flow more freely. The feeling can be described as standing in the sand at the ocean's edge and feeling the drag around your feet as the water flows out, pulling the sand from under you.

Pressure from outside increases the ability to move lymph, especially when muscles are moving on the inside, such as water pressure during water exercise, deep breathing, and joint movement.

Lymphangions are small muscles in the lymphatic system that pump the lymph and are stimulated when working with the pulse.

### **Swedish Massage**

This massage enhances blood circulation, leading to nourishment and oxygenation of the body and removal of toxins. The body will do this by itself but massaging enhances the process in the same way that a tended garden produces more and better vegetables, fruits and flowers.

Laura incorporates Swedish massage whenever possible during Lymphatic Drainage Therapy; it benefits the body by stretching the muscles and fascia (which surrounds the muscles) allowing the lymphatic system to respond better.

### **Muscle Release Technique**

This technique helps alleviate tight muscle pains caused by problems in the joints and tendons. It can help such things as bulging discs, tennis elbow, carpal tunnel syndrome and other repetitive use injuries.

Michael Young, who developed this technique, had repetitive motion problems from his job as a bricklayer and later developed chronic fatigue. After receiving European massage work, he applied some of his own common sense and developed this technique that involves stretching.

### **Bowen Therapy**

This is not massage but a technique based on the dialogue between brain/nervous system and muscles. The brain tells muscles when and how much to contract via a path from brain, nerves, muscles and back.

Bowen manipulations interrupt the status quo as the brain resets a bad pattern in the path. The body tends toward homeostasis (the state of sustained equilibrium) so that it can be as healthy as possible. The manipulations involve little series of strums and a few minutes wait. It is subtle but profound. Clients may experience nothing different at the time of the therapy but feel the results later in situations when their bodies normally reacts with pain, cramps, etc.

The reactions differ, depending on what the brain tells the body to do at the time.

## Q & A/Discussion

- If you need a massage when out of town or moving, check the American Massage Therapy Association Web Site: <http://www.amtamassage.org>. Click on "Find a Therapist."
- Someone at risk of lymphedema might consider having one Lymph Drainage Therapy session to map the lymphatic volumes and pathway directions to determine if a problem may be developing. If a potential problem is felt, LDT sessions might prevent lymphedema by improving lymphatic flow.
- Purchase bras through a qualified bra fitter and remove bras when appropriate in order to reduce restrictions to the lymphatic flow.
- Some people recommend using deodorant rather than an antiperspirant. Consider finding natural deodorant products, especially those with arm lymphedema. Be aware that anything put on the skin is absorbed into the body and the lymphatic system filters it. Consider avoiding scented lotions and creams.
- Lymphedema can cause pressure that aggravates carpal tunnel syndrome.

## About the Presenter

Laura Lander is a Licensed Massage Therapist, with National Certification for Therapeutic Massage and Bodywork. She has practiced in the Florence area for over seven years. Many clients with lymphedema see Laura for maintenance of their condition.

Laura has had extensive training and experience in Lymph Drainage Therapy (LDT), a unique method of stimulating the function of the lymphatic system of the body through light, rhythmical touch. This method was developed by Bruno Chikly (MD-France) and is used widely in

Europe and the US. Laura uses Swedish massage, Muscle Release Therapy (Repetitive Use Injury Therapy), European Stone Massage, and Bowen Technique along with LDT

Laura's new business address is:  
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859 283-0044  
<http://www.lauralandermassage.com/>

## Group Sharing & Discussion

- Nerve pain, frozen shoulder, depression.
- Danger of gardening without protection.
- Benefits of water exercise, rebounder exercise, weight loss, yoga, breathing, hydrating the body, swimming laps, dirt biking.
- Getting your life back.
- Massage as treatment for the immune system.
- Kathy Zanardelli's new water exercise business is coming soon: H2O Fitworks.
- If a compression glove fits too tightly around the fingers or thumb or it could cause orthopedic problems.
- Nighttime sleeping devices.
- JoVi Pak, device developed by JoAnn Rovig, <http://www.jovipak.com/index.shtml>
- JoAnn Rovig will speak at Hardin Memorial Hospital, Elizabethtown, KY on May 2, a 2\_ drive. Thanks to Janis Tartar, patient at St. Elizabeth Lymphedema Clinic, who learned about JoAnn Rovig by borrowing the self-massage videotape from the TLC library and notified TLC of JoAnn's upcoming visit.

## Next Meeting

Monday, February 21: Phyllis Reed, on Spirituality. More information to follow.

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### TLC Mission Statement

St. Elizabeth Medical Center's Lymphedema Support Group will provide educational, physical, emotional, and spiritual support to individuals with any form of lymphedema, their caregivers, and those interested in preventing or treating lymphedema. This group will find and share information to promote positive behaviors for managing and coping with the restrictions that lymphedema places on activities of daily living.

The information presented by guest speakers is not an endorsement of accuracy by The Lymph Connection.

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### Greater Cincinnati Lymphedema Therapists

#### CLT-LANA Certified

- St. Elizabeth Physical Therapy, Edgewood, KY, 859 344-2168; Teresa Westendorf, PTA.
- St Elizabeth Physical Therapy, Hebron, KY, 859 334-8734; Marina Kalfas Branch, PT, CCCE
- Tri-State Lymphedema Clinic, Cincinnati, OH, 513 793-7710; Antestenis, LMT; Melea Frazier, ATC, LMT; Pat McCraw, RN; Debbie Rauh, RN.

#### Others

- Laura Lander Massage Therapy, Florence, KY, 859 283-0044, Laura Lander, LMT, NCTMB, LLCC.
- Compass Healthcare, Cincinnati, OH, 513 961-3144; Merritt Shaw, OT.
- Drake Center, Cincinnati, OH, 513 948-2763; Kris Hermanson Browne, PT, MLD/CDT
- Medical Massage Therapy Associates, Florence, KY, 859-525-8333; Rick Conrad, LMT.

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For more information, to make delivery corrections or remove yourself from TLC's mailing list or St. Elizabeth's Healthy Neighbors Publication, contact Mary Defoe at (859) 441-6484 or [thelymphconnection@yahoo.com](mailto:thelymphconnection@yahoo.com). FYI: St. Elizabeth Medical Center never sells or distributes addresses to outside vendors.

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