

Manual Lymphatic Techniques for the Orthopedic Manual Therapist

This book is the first compendium to manual lymphatic techniques for the orthopedic population. It addresses the application of various lymphatic techniques to many orthopedic ailments and sports injuries such as bursitis, tendonitis, low back pain, shoulder pain, knee pain, as well as post-operative knees and shoulders. It introduces the practitioner to the importance manual lymphatic techniques have for stimulating the lymphatic system. This stimulation restores bodily functions by decreasing edema and pain.

The author takes the practitioner through basic anatomy and physiology of the lymphatic system, and progresses into more in-depth studies of this amazing biological system. The book culminates with treatment suggestions that can be implemented into an established practice and experienced manual therapist protocols. Practitioners will gain a new perspective of manual therapy for their orthopedic patient population.

"A great contribution to the field of manual therapies. I am convinced that the rich interplay between lymphatics, fascial dynamics, and immune function will become a hot topic in future decades. With its excellent synopsis of both American, as well as European lymphatic manipulation theories and techniques, this book prepares the ground in an ideal manner."

–Dr. biol.hum. Robert Schleip, Director, Fascia Research Group, Neurophysiology, Ulm University, Germany

"Congratulations on this valuable resource for Orthopedic Therapists. The precise description of the anatomy and physiology of the lymphatic system, and its involvement in regard to orthopedic dysfunctions, clearly outlines the benefits of manual lymphatic therapy as an additional therapeutic tool for neuromusculoskeletal disorders." –Joachim E. Zuther, CDT Clinical Instructor, CLT-LANA, Founder, Director, Academy of Lymphatic Studies



David Doublestein, PT, MS, LLCC, CLT, Cert. MDT began his career in outpatient orthopedics at Gerber Memorial Hospital in 1997. After his LLCC Certification, David developed a lymphedema treatment program for the hospital. In 2005, he started a private outpatient physical therapy clinic. That same year David began teaching Lymph Drainage Therapy seminars for the International Alliance of Healthcare Educators and the Chikly Health Institute. In 2013, David completed his Certified Lymphedema Therapist Certification through the Academy of Lymphatic Studies and currently teaches for the Academy. David is a credentialed Mechanical Diagnosis and Therapy® practitioner, and has studied many other orthopedic manual modalities such as CranioSacral Therapy and Muscle Energy techniques.

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Manual Lymphatic Techniques for the Orthopedic Manual Therapist

*Essential Treatment for Sport Injuries and
Disorders of the Musculoskeletal System*

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