

Massage

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Message



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Legislative Awareness Days
April 22 & 23, 2003

Book Review

By Michael McGillicuddy

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Silent Waves

Theory and Practice of Lymph Drainage Therapy

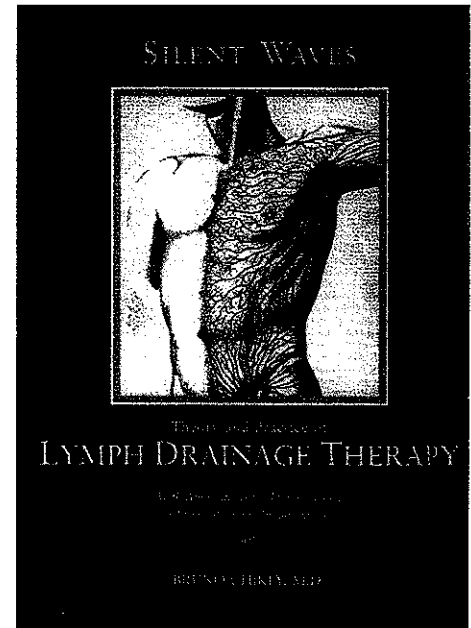
The first time I ever heard anything about Lymphatic Drainage was at a chapter meeting. A videotape was played at the meeting on Lymphatic Drainage. It looked as if the therapist was tickling the patient. Now years later a great book written by Bruno Chikly M.D. on Lymphatic Drainage appears. It is written with simplicity yet very thorough. It covers History, Evolution of the Lymphatic System, Composition of Lymph, Organization of the Lymphatic Pathways, Lymphatic Drainage Techniques and Current Applications of Lymph Drainage Therapy. Most massage therapists know how important water is to the human body. Yet, without studying the Lymphatic System, that understanding leaves much to be desired. The human body is so evolved and complex that it needs a specialized circulatory system to distribute water and nutrients and to remove waste products. Silent Waves explains how the Lymphatic System is a huge part of the immune system.

Chapter 4 of Part 2 describes ten points for optimal results. Chikly states that these ten points should

be learned and observed: 1) rhythm and frequency 2) hand pressure 3) direction of flow 4) hand techniques 5) duration of movements 6) sequence of movements 7) duration of sessions 8) duration of a treatment 9) things to avoid 10) respect the contraindication of drainage. Chapter 6 Part 2 describes Manual Lymphatic Mapping. Chikly states "Manual Lymphatic Mapping is one of the most recent advances in the techniques used to specifically improve or restore the natural lymphatic drainage of the body. Based on recent scientific information, this new technique enables trained practitioners to work with greater precision by manually assessing the specific direction of lymphatic circulation.

Manual Lymphatic Mapping is a non-invasive method by means of which trained practitioners using only their hands can identify the specific direction of the deep or superficial lymphatic circulation on an affected or unaffected area of a patient."

Chapter 6 Part 2 also includes numerous pictures of various angles of joints of the human body and maps



the Lymphatic flow for each joint. Part 3 of Silent Waves covers the subjects of Edema, Lymphedema, Diagnosis of Lymphedema and Complications of Lymphedema. Part 4 of Silent Waves covers the management of Lymphedema and Part 5 covers other current applications of Lymph Drainage.

Who should buy this book? Anyone wanting to know about the Lymphatic System and about Lymphatic Drainage treatments. Even if you have had training in Lymphatic Drainage, this book would upgrade you to the most current information and treatment methods available.

I give Silent Waves three thumbs up!!!!!!!!!!!!

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