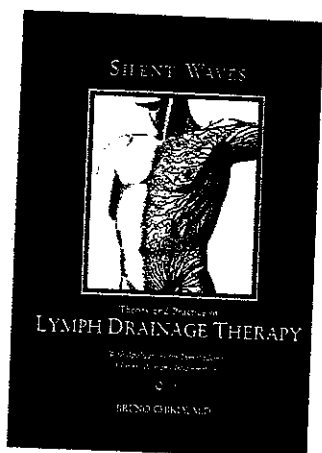


Silent Waves: Theory and Practice of Lymph Drainage Therapy

by Bruno Chikly, M.D.
International Health and Healing, Inc.
Scottsdale, Arizona
(800) 233-5880
www.upledger.com
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For those therapists and physicians interested in lymphology and lymphedema, there are, unfortunately, only a handful of respected texts to turn to for reference and treatment. Bruno Chikly's *Silent Waves* should be counted as an invaluable text, right along with Waldemar Olszewski's *Atlas of the Lymphatics of the Lower Limbs* and Horst Weissleder and Christian Schuchhardt's *Lymphedema: Diagnosis and Therapy*. It is mainly more comprehensive than either Renato Kasseroller's *Compendium of Dr. Vodder's Manual Lymph Drainage* or the dated Judith Casley-Smith book *Modern Treatment for Lymphedema*.

As a lymphedema therapist myself, I knew the minute I saw the author of this book that it would be invaluable. Chikly's reputation in the research and treatment of lymphedema is inestimable. He does not disappoint. In fact, he may bring just a little too much to the table.

As hungry as I am for medical knowledge about lymphology, I must admit I skimmed the early chapters about the history of the lymphatic system, who discovered the lymphatic system and the evolution of the system in animals. But after chapter four in Part One, Chikly wastes no more time—every chapter deals with pertinent, fascinating and well-illustrated elements of the lymph system: drainage techniques, indications and contraindications for lymph drainage therapy, and manual lymphatic mapping.

Recently published information on manual lymphatic mapping has been muddy and frustrating; the illustrations in this book on human bodies, and the text explaining this intricate technique, are the best I've seen.

For those practicing lymphedema therapy, the book holds few surprises, but this does not detract from its value. It truly is "everything you ever wanted to know about lymphedema or lymphology" in one place. And, it is exquisitely well-researched. The extensive bibliography at the end of each chapter alone makes the book worth owning.

Besides the terrific explanation of manual lymphatic mapping, the other treat in the book appears in Part Five, where Chikly explains and illustrates uses for lymphatic drainage techniques, other than lymphedema. He gives thorough examples of treatments for pre- and post-surgical applications; chronic venous insufficiency; breast care; cosmetic and esthetic applications; orthopedics and sports medicine; and chronic and subacute infectious diseases, including HIV, rheumatology, neurology and more.

The book's references are a gold mine, and the reprints of many of Chikly's original articles are valuable. The grand scale of uses for manual lymph drainage is enlightening, the style of writing is clear, and the illustrations are some of the best and most easily understood in this complicated therapy. This book is not for all therapists, but if you're studying or practicing in this field, your library is not complete without *Silent Waves*.

— Charlotte Michael Versagi, L.M.T., N.C.T.M.B., is a journalist, a lymphedema therapist who also sees cancer patients, and a science instructor in a massage-therapy program at The Carnegie Institute in Troy, Michigan.

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