



DR. VODDER ACADEMY
INTERNATIONAL

QUALITY TRAINING IN OUR HANDS

BYLAWS

of the Working Association

Dr. Vodder Academy International



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1 Name and address

Dr. Vodder Academy International (DVAI)

Headquarters:

Alleestraße 30

A-6344 Walchsee

Austria

For better reading purposes this text does not use gender-equitable wording. All and any designations apply to both male and female students.

2 Objectives

“Dr. Vodder Academy International” is a wholly owned subsidiary of Dr. Vodder Schule/WTZ GmbH.

“Dr. Vodder Academy International” is a Working Association established to study and disseminate the manual lymph drainage method according to the principles originally taught by Dr. Vodder. Individuals or companies that are or want to become members of “Dr. Vodder Academy International” agree to work, teach and act according to these principles and the rules of the Working Association. Individuals trained under these rules will have their training confirmed by an original Dr. Vodder certificate, signed by one of the authorized directors of the Working Association. All authorized teachers who have signed an agreement with the Working Association shall be members of the Working Association.

3 Structures

3.1 Board

The first proposals and appointments for members of the Board shall be made by Dr. Vodder Academy/WTZ GmbH. The members of the Board are Hildegard, Dieter, Maria, Andreas Wittlinger and Robert Harris, who will also be the appointed directors.

The Board shall define the rules (including the Bylaws, quality requirements of training) for the Working Association and represent it internally and externally. Other proposals may be made by any member of the Board. A simple majority is required for their acceptance/rejection.

3.2 Chairman

The Chairman shall be a member of the Board and shall be proposed, elected and confirmed for five years by the Board. The Chairman formally manages the business of the Working Association and implements the guidelines of the Board. The Chairman organizes meetings of the Board, concludes agreements, manages the Working Association’s public presence, controls the finances and is responsible for strategic development and training guidelines.

3.3 Authorized teachers

Authorization of teachers is confirmed by a director in writing according to their qualification (they must meet qualification requirements and pass the relevant examination). An up-to-date country-specific list of all authorized teachers, including their contact details, will be published on the website.



The authorized teachers shall have the legal and economic responsibility for organizing the training of therapists according to the qualification standards (Article 4) and rules (Article 5) of Dr. Vodder Academy International. Authorized teachers and organizers of MLD courses agree to train course participants or have course participants trained according to the quality requirements of Dr. Vodder Academy International.

3.4 Teacher training

The level of qualification describes which kind of training may be provided by a teacher in accordance with the qualification he has attained.

Level of qualification	Teacher training:				
	Th II & III	Th I	Basic Course	Advanced Body Esth.	Advanced Neck, Face Esth.
Professor (P)					
Director (D)					
Instructor	Examination with P or D only			Assist with Esthetic teacher - Examination with P and D only	Assist with Esthetic teacher - Examination with P and D only
Th II & III		Examination with P or D only			
Th I			Examination with P or D only		
Basic Course					

Fig. 1: Training of new teachers

3.5 Teachers' meeting and members' meeting

The Board and authorized teachers are members of the Working Association. The Board meets at regular intervals (however at least once a year). The members meet every two years: such a meeting is compulsory for authorized teachers (teachers' meeting). They may cancel their attendance for justifiable reasons (e.g. short-term illness, death in the family).

4 Qualification standards

At the core of the technical and substantive requirements are the principles and specified skills as taught by Dr. Vodder (Annex 1: Training contents, curriculum) based on the following textbooks:

- Textbook of Dr. Vodder's Manual Lymph Drainage, Volume 1: Basic Course, Authors: Hildegard and Günther Wittlinger, 7th Edition 2004, Thieme Publishers
- Manuelle Lymphdrainage nach Dr. Vodder, Stuttgart, 1st Edition 2009, Thieme Publishers, Authors: Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, Maria Wittlinger, ISBN: 978-3-13-140071-0
- Lecture notes (Basic and Therapy Course) of the medical team of the Dr. Vodder Academy as last updated.



4.1 Teaching options for authorized teachers

Authorized teachers may teach in their home countries and abroad only at the level corresponding to their qualification. There shall be no exceptions to this rule.

4.2 Establishment of a national Dr. Vodder Academy/School

The establishment of a national Dr. Vodder Academy/School is subject to approval by the Board. Professional management of a national Dr. Vodder Academy/School must be in the hands of an authorized teacher who has completed a four-week course. A director must be present at reviews. All and any expenses incurred by the director (e.g. flight, hotel, fee) shall be borne by the national Dr. Vodder Academy/School. In addition, the present Bylaws shall apply to the establishment of a national Dr. Vodder Academy/School. The licence to manage a national Dr. Vodder Academy/School shall be limited to two years. Its renewal is subject to approval by the Board.

4.3 Teaching authorizations

Depending on the level of qualification attained an MLD teacher may teach and organize courses.

Level of qualification	Teaching activity for the relevant course levels					
	Professor	Director	Instructor	Th II & III	Th I	Basic Course
Teachers' Meeting WA and Teachers' Meeting NA* ¹						
Refresher II & III						
4 weeks of training						
Th I / Th I Review						
Basic Course / Basic Course Review						
Esthetics Basic Course (BC) Body / Esth. BC Body Review						
Esthetics BC Neck, Face / Esth. BC Neck, Face Review						
Advanced Esthetics Body/Spa Therapy / Advanced Esthetics Body/Spa Therapy Review					special Certificate required	
Advanced Esthetics Neck, Face						

Fig. 2: Levels of qualification and possible teaching activity

¹Teachers must attend a meeting every two years and one of these meetings shall be in Walchsee at least every four years (see 4.4.6). In exceptional circumstances if a teacher is not able to attend a meeting, then they must attend within one year at a Review or Therapy II class to get their hands checked by a director.



4.4 Requirements for authorization to teach courses

4.4.1 Precondition

- 4-week training in Dr. Vodder's MLD;
- Followed by 2 years of clinical work;
- Verification of acquired technique in Review or in 1 week course attendance with a director (same price as Review);
- Documentation (case reports) of 5 patients – submitted in English or German.

4.4.2 Admission to training

- A member of the Board will decide on admission to teacher training.

4.4.3 Teacher training

All teachers agree to teach their courses according to the curriculum included in Annex 1.

a. Requirements for Basic Course:

- Assistance in at least 5 Basic courses whereof at least 2 must be with a Therapy I level teacher - 1 assistance in a Therapy I course. .
- Examination with a director to be completed within 24 months of acceptance into teacher training.

b. Requirements for Therapy I:

- Requirements: Basic Course teacher and at least 10 Basic classes taught.
- Assistance in at least 3 Therapy I courses whereof at least 1 must be with a director.
- Examination with a director to be completed within 24 months of acceptance into teacher training.

c. Requirements for Therapy II & III:

- Requirements: Therapy I teacher and at least 10 Therapy I classes taught.
- Assistance in at least 4 Therapy II & III courses whereof 2 must be with a director and the last assistance must involve teaching the practical module by him/herself.
- Examination with a director to be completed within 24 months of acceptance into teacher training.

d. Requirements for Esthetics Course Advanced Neck / Face or Advanced Body:

- Requirements: Basic Course teacher and at least 10 Basic classes taught.
- Assistance in at least 3 Advanced Neck/Face courses or 3 Advanced Body courses whereof 1 must be with at least a director.
- Examination with a director to be completed within 24 months of acceptance into teacher training.



e. Requirements for Spa Therapy:

- Requirements: Basic Course teacher and at least 10 Basic classes taught.
- assistance in at least 3 Spa Therapy courses.
- Examination with a director to be completed within 24 months of acceptance into teacher training.

4.4.4 Additional requirements for teachers who intend to teach Therapy II & III

Candidates must:

- take a theoretical examination as a prerequisite, exactly as in Therapy III (also possible within a Review) – and score 90%;
- work at least 1 week as assistant teacher (in 2nd or 3rd assistance) at Dr. Vodder Academy Walchsee (Therapy III);
- spend 4 weeks of clinical internship at the Lymphedema Clinic Walchsee (recommended but not mandatory);
- Pass a written, practical and oral exam.

4.4.5 Requirements for attaining instructor level

Candidates must:

- have at least 3 years of experience as Therapy II & III teachers;
- hold a (verifiable) minimum of 2 Therapy II & III courses a year;
- have their technique reviewed by 2 directors (at teachers' meeting);
- assist in at least 3 Reviews II & III;
- authorization is granted by the Board for 2 years at a time.

4.4.6 Teachers' meeting

- Each teacher must attend a teachers' meeting at least every 2 years.
- Each teacher must attend a teachers' meeting in Walchsee at least every 4 years.

4.4.7 Requirements for offering courses

Teachers may only offer and hold courses approved by Dr. Vodder Academy International.

Courses not included in the Bylaws are subject to prior approval by the Board. For example, Review of Basic Courses may only be attended by therapists trained at DVSA/DVSI in a Basic Course only in preparation for instance for a Therapy I course. Graduates of four-week courses may not attend the above.

4.5 Breach of contract and other conflicts

Violations of qualification standards and rules may result in withdrawal of the teaching authorization and expulsion from the Working Association.

In these cases or other conflicts, the Board shall act as an arbitration panel and must seek to resolve the conflict.



5 Rules

Any teacher to be authorized for teaching shall sign the Bylaws before becoming qualified to teach. In so doing, he recognizes all Annexes according to the List of Annexes (Annexes 1 and 2).

The individualized license agreement regulates the qualification-dependent service packages for teaching therapists and estheticians, including the relevant fees. License fees shall only apply if courses actually take place. New parties to the agreement (as of 1 July 2014) may only be designated by Dr. Vodder Academy International.

6 International trademark (uniform certificate)

There will be a certificate for all course participants (worldwide), which bears the logo of “Dr. Vodder Academy International” and, where applicable, the country-specific/individualized logo. Its contents and design shall be agreed with by the Board and require approval.

6.1 Signature

As a matter of principle, each certificate of “Dr. Vodder Academy International” will be signed by the instructing teacher and by one of the listed directors and, where applicable, by the instructing physician.

6.2 Embossed seal

Each certificate will have an embossed seal. Only a certificate with all the above quality criteria (logo, signature, seal) is an original certificate of “Dr. Vodder Academy International”. Samples of the certificates used (Dr. Vodder School International and Dr. Vodder Academy International), including their specific quality criteria, will be shown on the website.



6.3 Sample certificate



Fig. 3: Sample certificate

7 Minimum prerequisites for admission to MLD courses

7.1 Four weeks of training

Worldwide: all physicians, physiotherapists, occupational therapists, registered nurses.

Massage and other therapists must meet as a minimum requirement, the national standards including at least 94 hourly units of instruction in anatomy, physiology and pathology.

Teachers wishing to accept therapists not meeting the worldwide prerequisite must receive prior approval from a Director of the Board.

7.2 Esthetic courses

Worldwide: certificate of a recognized beauty therapy or esthetician training course.

7.3 SPA courses

See 7.1

8 Packages

Teachers in Europe must obtain the packages from DVAI and in North America from DVSI. Teachers in all other countries obtain packages from their relevant training center (DVAI or DVSI) dependent on where they were trained. Directors are exempted from this rule.

Applicable prices are listed in [Annex 2](#).



9 Final provision

The present Bylaws, including all Annexes, are proposed by the Board of the Working Association and confirmed and accepted by all members with their personal signatures.

Walchsee, 6 July 2014

Hildegard Wittlinger

Andreas Wittlinger

Dieter Wittlinger,

Robert Harris

Maria Wittlinger



Annex 1 – Training contents / curriculum

Manual Lymph Drainage

Manual Lymph Drainage as provided by physiotherapists/physical therapists, massage therapists, nurses or occupational therapists is a form of therapy where special strokes are used to encourage lymph drainage and thus exert a positive influence on a variety of pathologies.

Manual Lymph Drainage is applied – mostly in combination with compression therapy – to treat edema which is resistant to medication or where diuretics alone fail to provide satisfactory edema reduction.

Since Manual Lymph Drainage (MLD) uses a stroke technique and a system very unlike other massage techniques the relevant knowledge and skills are expanded and reinforced by special further training integrated into a whole system of courses. Training contents are taught in medical theory classes as well as in theoretical and practical units of instruction designed to accompany practical application.

A) Admission requirements for participants:

Participants in further training must provide evidence that they have completed their vocational training as massage therapist / massage and balneotherapist, physical therapist / physiotherapist, nurse or occupational therapist.

B) Curriculum of four week training:

1. Duration:

- 1.1 Minimum duration of four week training: 170 units of instruction (UI).
This does not include the examination time. 1 UI = 45 minutes
- 1.2 Daily lessons within a course may not exceed ten units of instruction.
- 1.3 Further education may be provided in a four-week course or in two modules (Basic and Therapy course). In the non-German speaking region, the four-week course may also be provided in the following form: one week of Basic Course and one week of Therapy I Course followed by two weeks of Therapy II and III. The last two weeks of instruction must be consecutive weeks.

There must be two days without classes after a maximum of five days of instruction. These free days may be waived in special cases or in consultation with the provider or with the national Dr. Vodder Academy.

- 1.4 As a rule, the four week training should be completed within one year.
- 1.5 It is completed when participants have attended all course units and successfully taken the final examination.



2. Contents:

2.1 The curriculum for the four week training includes a minimum of 24 units of medical theory and 146 units of practical training / theory accompanying practical application. The training contents to be taught include:

- Theory, stroke techniques applied to and practiced on healthy persons;
- Repeated patient demonstration;
- Theory and practice of compression bandaging and decongestive measures;
- Indication and contraindication.

2.2 The training contents provided in the four week training are based on the following reference curriculum:

Scope of training course:

170 units of instruction (UI) whereof 24 UIs in medical theory (1 teaching unit = 45min)

146 units of practical training / theory accompanying practical application plus one final examination

Basic Course (40 UIs)

Theoretical instruction 12 UIs, may also be provided by the relevant Basic Course teacher.

Contents of training:

- General anatomy and physiology of blood circulation;
- General anatomy of the lymphatic vessels and lymph nodes;
- Indications and contraindications;
- Special anatomy of the main lymphatic vessels as well as of the lymphatic systems of the various body regions and the skin;
- Physiology of the interstitial space, lymphatic system and lymphatic fluid:
- Structure and function of the interstitial connective tissue, physiology of interstitial exchange of matter, diffusion, osmosis, colloid osmosis, filtration, reabsorption, active cell transport process, permeability of blood capillaries
- Extravascular circulation of blood proteins
- Exchange of matter and fluid in the terminal portions of pathways;
- Starling's equilibrium;
- Physiology of the lymphatic system (drainage function, lymph formation, lymph-obligatory substances, lymph transport, transport capacity of the lymphatic system, defense and filter function); Lymphatic fluid, chyle;

Practical instruction:

- Principles of applying MLD;
- Massage techniques in MLD;
- Treatment of the various parts of the body (neck, face, arms, back, buttocks, chest, abdomen, legs, nape of neck).



Review of the Basic Class: lasts one day (minimum: 8 units of instruction)

- The basic strokes for different body regions (neck, face, arms, legs, abdomen, breast and back) are repeated. Theory if required.

These Reviews are only open to Basic Course level students.

Therapy I students and higher level students may not participate.

Therapy I Course (40 UIs)

Theoretical instruction 12 UIs, which may also be provided by the relevant teacher of the Therapy I Course.

- Review of Basic Course theory;
- Pathophysiology of edema, exudation, transudation;
- Pathophysiology of the lymphatic system (forms of lymphatic insufficiency)
- Reaction of the body to lymphostasis;
- Stages of edema (latent and manifest edema);
- Development (history) of MLD;
- Mechanism of action of MLD.

Practical instruction:

- Repetition of basic concepts;
- Special strokes.

Participants will take exams at the end of Therapy I Courses. They need to score positive results in both theory and practical subjects. If they fail, they need to repeat the failed portion of the exam. If they fail repeatedly, they need to retake the entire course (Therapy I) including the whole examination at its end.

In the German-speaking region the Basic and Therapy I Courses are combined into one single Elementary Course (*Basiskurs*).

Review of a Therapy I Class: 12 hours or 1.5 days.

- Repetition of Basic Course techniques on various body regions;
- Repetition of all special strokes (face, shoulder, arm, hip, leg, deep abdomen, intercostal);
- Theoretical instruction where required or upon request;

This course is only open to Therapy I Course graduates. Students of the four-week course may not participate.



Basiskurs (Germany -first two weeks) (90 UIs)

Theoretical instruction, 24 UIs, whereof at least 8 UIs of medical instruction.

Contents of training:

- General anatomy and physiology of blood circulation;
- General anatomy of the lymphatic vessels and lymph nodes;
- Indications and contraindications;
- Special anatomy of the main lymphatic vessels as well as of the lymphatic systems of the various body regions and the skin;
- Physiology of the interstitial space, lymphatic system and lymphatic fluid
- Structure and function of the interstitial connective tissue, physiology of interstitial exchange of matter, diffusion, osmosis, colloid osmosis, filtration, reabsorption, active cell transport process, permeability of blood capillaries
- Extravascular circulation of blood proteins
- Exchange of matter and fluid in the terminal portions of pathways
- Degrees of edema (latent and manifest edema);
- Starling's equilibrium
- Physiology of the lymphatic system (drainage function, lymph formation, lymph-obligatory substances, lymph transport, transport capacity of the lymphatic system, defense and filter function);
- Degrees of edema (latent and manifest edema);
- Lymphatic fluid, chylus;
- Pathophysiology of edema, exudation, transudation;
- Pathophysiology of the lymphatic system (forms of lymphatic insufficiency);
- Reaction of the body to lymphostasis;
- Lymphatic immunodeficiency;
- Degrees of edema (latent and manifest edema);
- Measuring (standardized measurement of volume and circumference) and documenting edema
- Development of MLD;
- Mechanism of action of MLD.

Practical instruction:

- Principles of applying MLD;
- Massage techniques in MLD;
- Treatment of the various parts of the body (neck, face, arms, back, buttocks, chest, abdomen, legs, nape of neck);
- Special strokes.

Participants will practice on each other. Where required patient demonstrations will be included.



Spa Body or esthetician advanced Body review: 12 hours or one and a half days.

- Repetition of basic techniques on various body parts.
- Review and repetition of any specials for face and appropriate techniques for spa and esthetic clients.
- Theory updates and review as necessary.
- Case reports

Only students who have attended the Dr. Vodder Advanced esthetician body/Spa body class may attend.

Esthetician Advanced Neck and Face Review: eight hours or one day

- Repetition of Basic and Special techniques on neck and face.
- Case reports and theory updates.

Only students who have attended the Dr. Vodder Advanced Neck and Face class for estheticians may attend.

Therapy Course – equivalent to Therapy II and III Courses (90 UIs)

Theoretical instruction, 24 UIs, by a physician/lymphologist with special lymphology training.

Lymphedema:

- Diagnostics of lymphedema, lymphoscintigraphy, indirect and direct lymphography, patent blue test, Stemmer's sign, primary lymphedema and its pathophysiology, secondary lymphedema and its pathophysiology, malignant lymphedema, MLD and metastatization;
- Risks and prevention of edema, edema fact sheets;
- Compression therapy of lymphedema using bandaging, stockings and compression devices;
- Surgical interventions in lymphedema;
- Complications in lymphedema such as erysipelas, lymph vesicles, lymphatic fistulas, lymphocele, lymphogenic ulcers, protein fibroses, interdigital mycoses, papillomatosis cutis lymphostatica, Stewart-Treves syndrome = angiosarcoma;
- Lymphedema and pregnancy;
- Radiation injury in combination with lymphedema; Radiation dermatitis, radiation fibrosis, radiofibrotic plexus injury, radiation injury of other organs;
- Outpatient and inpatient lymphology treatment and results in lymphedema.

Artificial lymphedema (self-induced edema):

Pathophysiology, diagnosis and therapy.

Assessment and measurement of lymphedema.

Venous edema:

- Anatomy of veins and pathophysiology of the venous system,
- thromboses, thrombophlebitis, varicose veins, ulcus cruris venosum,
- compression therapy in phlebedema, phlebedema/ulcus cruris/phlebolymphedema as indications for MLD.



Post-traumatic edema / post-operative edema / peri-operative edema:

- In fractures, contusions, distortions, sprains, dislocations, pain, postoperative edema and hematoma as well as edema in burns.
- Pathophysiology and role of MLD and other accompanying therapies.

Reflex sympathetic dystrophy = Sudeck's disease (Complex Regional Pain Syndrome CRPS)

Pathophysiology, manifestations, medical therapy and MLD as supplementary treatment.

Edema caused by physical inactivity:

Pathophysiology, role of MLD.

Edema in arterial circulatory problems:

Pathophysiology, gangrene, indication for and limits of MLD and compression therapy.

Lipedema:

- Distinction between adiposity, lipohypertrophy, lipedema and lipolymphedema.
- Pathophysiology, diagnosis and therapy.

Idiopathic edema:

Pathophysiology, clinical picture and therapy, role of MLD and compression.

Chronic inflammatory edema:

Rheumatic edema, pathophysiology, MLD as additional therapy.

Contraindications for MLD, in particular:

- Acute infections,
- cardiac decompensation,
- acute phlebothrombosis,
- local recurrence of tumor, local metastasizing,
- acute eczema in edema region;

Edema that only respond to medication and dietary therapy;

Prescription of MLD.

Prescription of compression bandaging and stockings: Indications for bandaging;

Different types of compression stockings, compression devices and prostheses;

Psychological problems in patients with edema in post-cancer treatment.

Patient demonstrations:

Eight or more patients suffering from edematous disorders need to be presented, among them at least one case of primary edema, one case of secondary lymphedema of the arm, one case of secondary lymphedema of the leg, one phlebedema and one lipedema. As a matter of principle, these patients must be introduced. Deviations are admissible in countries other than Germany/Austria.



Minimum contents of medical/theoretical instruction:

Anatomical and physiological basics of the circulatory system (arterial, venous, lymphatic); etiology and pathogenesis of edema, especially in malignant diseases; complications in lymphedema; organ damage and edema following radiation therapy; indications and contraindications for MLD. Other medical and non-medical treatment options in lymphedema in addition to MLD.

Minimum contents of practical instruction:

Repetition of practical instruction from Elementary (Basic and Therapy I) Courses. Edema strokes and special strokes. Lymphatic drainage and compression therapy of primary lymphedema of the leg, secondary lymphedema of arm and leg, lipedema and venous edema. Lymphatic drainage and remedial exercises as well as decongestive respiratory therapy. Treatment of ulcerations, protein fibroses and radiation-induced fibroses.

Participants will practice on each other. Treatment will be demonstrated in two or more edema patients (at least one secondary edema of the arm and one secondary edema of the leg, when available) by the practical instructor or the treating therapist including complete bandaging of the edematous extremity.

Written and practical/oral final examination:

3. Final examination:

- 3.1 This test includes a written, a practical and a medical/oral examination of all training contents.
- 3.2 Students will pass the examination if they score "sufficient" in all portions of the examination. Each failed portion of the examination may be repeated no more than two times.

C) Minimum requirements to be met by the provider of four week training

1. Four week training must be led by a doctor specialized in the relevant discipline. The leading physician must provide evidence of two or more years of full-time employment in a specialist clinic or department of lymphology. Working time creditable for this purpose must relate to employment of 15 or more weekly hours. Part-time employment will be credited based on the actual weekly hours worked.
2. The contents of the four week training curriculum are taught by qualified specialist teachers, while theoretical instruction is provided by a medical specialist (doctor) or lymphologist approved by the Board. Practical training contents are taught by specialist teachers of MLD.
3. The training provider must have suitable rooms for instruction and practice.
4. Further training is provided on the basis of the reference curriculum.
5. The following teacher-to-student ratio applies to practical training:

up to 20 participants
21 to 36 participants

1 specialist teacher
1 specialist teacher and 1 assistant



D) Review: The Review lasts 27 UI.

The following aspects **must be** incorporated in the content of a Therapy II and III Review syllabus:

- Repetition of basic strokes (scoop, pumping, rotary technique, stationary circle);
- Repetition of special strokes (at participants' request);
- Repetition of bandaging techniques – demonstration of tips and tricks from clinical practice;
- Demonstration and treatment of patients.

3. The following aspects **may be** incorporated in the content of a Therapy II and III Review syllabus:

- Measuring lymphedema in daily practice;
- Presentation of case reports by participants;
- Presentation of lymphology news (bandaging, K-tape, etc.).
- Theoretical update