

LYMPHATIC DRAINAGE

manual lymphatic drainage (MLD) is a specific massage therapy technique, aimed essentially at activating the superficial lymphatic system.

The lymphatic system is a system of transport ducts that runs parallel to the circulatory system, only instead of transporting blood, it transports lymph, a whitish liquid capable of mobilizing very large molecules such as proteins. The role of lymph is to transport excess fluid, which contains waste substances, to the circulatory system so that the body can eliminate them. Oedema or retention occurs when the lymphatic system is unable to purify these areas, that is, when fluids and substances stagnate.

Its main therapeutic indications are:

Oedema of lymphatic origin: primary and secondary (stroke, operation, post-masectomy)

Oedema of venous origin: venous insufficiency, deep vein thrombosis: in the initial phase, when the thrombus is well controlled, post-thrombosis edema, varicose ulcer

Traumatic and post-surgical oedema

Sudeck syndrome or reflex sympathetic dystrophy

Another area where manual lymphatic drainage offers very good results is in the field of aesthetics, especially to eliminate cellulite.