

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM

Updated: September 2013

Articles and books appear in alphabetical order by last name of principal author.

R. Ahmed et.al: Randomized Controlled Trial of Weight Training and Lymphedema in Breast Cancer Survivors. *Journal of Clinical Oncology*. 2006; 24, 18.

F. Aloï et. al: The clinicopathologic spectrum of rhinophyma. *Journal of the American Academy of Dermatology*. 2000; 42: 468-472.

K. Arsenault K, L. Rielly: Effects of Complete Decongestive Therapy on the Incidence Rate of Hospitalization for the Management of Recurrent Cellulitis in Adults with Lymphedema. *Rehabilitation Oncology*, 2011, Vol. 29, No. 3

R. Asplund: Manual Lymph Drainage therapy using light massage for fibromyalgia sufferers: a pilot study. *Journal of Orthopaedic Nursing*. 2003; 7: 192 – 196

V. Bar et. al: Time course of mild arm lymphedema after breast conservation treatment for early stage breast cancer. *Int. J. Radiation Oncology Biol. Phys.*, 2010; Vol. 76, No. 1, pp. 85–90

M. Boris et. al: Persistence of lymphedema reduction after non-invasive Complex Lymphedema Therapy. *Oncology* 1997 11, 1.

J. Bosman, N. Piller: Lymph taping and seroma formation post breast cancer. *Journal of Lymphedema*, 2010, Vol 5, No. 2

N.L. Browse: Lymphedema - Pathophysiology and Classification. *Journal of Cardiovascular Surgery* 1985; 26.

J.R. Casley-Smith: The estimation of optimal massage pressure. *Angiologica, Physikalische Therapie* 1981; 9/10, 11.

J.R. Casley-Smith: The importance of the lymphatic system. *Mount Sinai Journal of Medicine*, 1985: 528.

J.R. Casley-Smith & J. R. Casley-Smith: High protein oedemas and the Benzo-pyrones. Sydney, J.B. Lippincott Co. 1986.

J.R. Casley-Smith: Altered Homeostatic mechanisms in edema. *Adv. Microcirc.* 1987; 13.F.C. Courtice: Has modern technology changed our concept of lymph formation? *Lymphology* 1986; 19.

J.R. Casley Smith: Alterations of Untreated Lymphedema and its Grades over Time. *Lymphology* 1995; 28 pp174-185

O. Cheifetz, L. Haley: Management of secondary lymphedema related to breast cancer. *Canadian Family Physician* 2010 Vol. 56 December, pp 1127 – 1284

M. Chin: MLD Certification. *Advance for Occupational Therapists*, April 29, 1996. Merion Publications

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM Updated: September 2013

M. Chin: Case History, Using MLD for Shoulder Problems. Advance for Occupational Therapists, September 16, 1996. Merion Publications

B. Cornish et al. A New Technique for the Quantification of Peripheral Edema with Application in Both Unilateral and Bilateral Cases. *Angiology* 33, # 1, 2002

N, Devoodgt: Effect of manual lymph drainage in addition to guidelines and exercise therapy on arm lymphoedema related to breast cancer: randomised controlled trial. *BMJ* 2011; 343: d5326 doi: 10.1136/bmj.d5326

J. R. Ebert et. al: Randomized Trial Investigating the Efficacy of Manual Lymphatic Drainage to Improve Early Outcome After Total Knee Arthroplasty. *Arch Phys Med Rehab* 2013 (in press).

G. Ekici et. al.: Comparison of Manual Lymph Drainage and Connective Tissue massage in Women with Fibromyalgia: A Randomised Controlled Trial. *Journal of Manipulative and Physiological Therapeutics*, February 2009.

O. Eliska, M. Eliskova,: Are Peripheral Lymphatics damaged by high pressure manual massage? *Lymphology* 1995; 28, pp 21- 30.

B. Feather, J. Wainstock: Perceptions of postmastectomy patients. *Cancer Nursing* 1989; 12 (5), pp 301-309.

F. Ferla et al.: Retrospective Study on Manual Lymph Drainage with or without combined use of Elastic Sleeve. In *Progress in Lymphology XIII*, Elsevier Science Publishers B.V. 1991, pp 561-562.

C. Fife et. al: Lipedema: A Frequently Misdiagnosed and Misunderstood Fatty Deposition Syndrome. *Advances in Skin & Wound Care*. 2010 23, (2) pp. 81-92.

E. Foeldi, M. Foeldi, L. Clodius: The Lymphoedema Chaos: a Lancet. *Annals of Plastic Surgery* 1989; 22, 6

E. Foeldi: Massage and Damage to Lymphatics. *Lymphology* 1995; 28 1-3

E. Foeldi et. al: *Textbook of Lymphology*. Germany: Urban and Fischer, 2003

M. Foeldi: The Therapy of Lymphedema. *European Journal of Lymphology* 1993; 4, 14

M. Foeldi: Treatment of Lymphedema. *Lymphology* 1994; 27, 1-5

M. R Fu: Women at Work with Breast Cancer Related Lymphoedema. *Journal of Lymphoedema* 2008; 3,1

A.J. van Geest et. al: Lymphatic Disturbances in Lipedema. *Phlebologie* 2003; 32: 138 – 42.

K. Godette et.al. Can Manual Treatment of Lymphedema Promote Metastasis? *Journal Soc. Integ. Oncol.* 2006; 4, 1.

A.C. Guyton: *Textbook of Medical Physiology*. New York, W.B. Saunders & Co 1986; 7th Ed. Ch.31.

© Dr. Vodder School - International

092413

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM

Updated: September 2013

R.H. Harris: Dr. Vodder's Manual Lymph Drainage. Hand in Hand, Journal of the Canadian Massage Therapist Association. Winter 1991.

R.H. Harris: The Vodder Method, an introduction to manual lymph drainage. Massage Therapy Journal 1992; 31, 1.

R.H. Harris: Edema and its treatment in Massage Therapy. Journal of Soft Tissue Manipulation 1994; 1 #4.

R.H. Harris: Neil Piller and Advances in Lymphology in Australia. British Columbia Massage Practitioner 1994; 14 # 1.

R.H. Harris: Current Research and Clinical Findings with Dr. Vodder's Manual Lymph Drainage. British Columbia Massage Practitioner 1994; 14 # 2.

R.H. Harris: Australasian Lymphology Conference. Journal of Soft Tissue Manipulation, 1998, Vol. 6 #1.

R.H. Harris: New Developments in Manual Lymph Drainage. British Columbia Massage Practitioner 1998; 18 # 2.

R.H. Harris, N.B. Piller: Three case studies indication the effectiveness of manual lymph drainage on patients with primary and secondary lymphedema using objective measuring tools. Journal of Bodywork and Movement Therapies (2003) 7 (4) 213 – 223

R.H. Harris. Manual Lymph Drainage: Research Shows Effectiveness with Lymphoedema Patients. Massage Therapy Canada, Spring 2004; 14 – 16.

R.H. Harris: Manual Lymphatic Drainage. In E. Stillerman: Modalities for Massage and Bodywork. 2009, 129-147. Mosby/Elsevier, St, Louis, USA

S. R. Harris, A. Megans: Physical Therapist Management of Lymphedema Following Treatment for Breast Cancer: A Critical Review of Its Effectiveness. Physical Therapy 78 # 12 1998

S.R. Harris et. al: Challenging the Myth of Exercise Induced Lymphedema following Breast Cancer: A Series of Case Reports. Journal of Surgical Oncology 2000; 74: 95-99

S.C Hayes et. Al. Lymphedema After Breast Cancer: Incidence, Risk Factors, and Effect on Upper Body Function. Journal of Clinical Oncology 2008; 26. 21

P. Hutzschenreuter, H. Bruemmer: Lymphangiomotorik und Gewebedruck (lymphangio-motoricity and tissue pressure). Schattauer Verlag GmbH. Germany, Lymphologie 1986, X

P. Hutzschenreuter, H. Brummer, K. Eberfeld: Experimental and clinical studies of the mechanism of effect of manual lymph drainage therapy. Z. Lymphol. 1989. 13: 62-64.

P. Hutzschenreuter et. al: Post mastectomy Arm Lymphedema: Treated by Manual lymph Drainage and Compression Bandage therapy. European Journal of Physical Medicine and Rehabilitation 1991; 1, 6

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM

Updated: September 2013

P. Hutzschenreuter, Herpertz, U: Primary and secondary lymphedema in children treated with manual lymph drainage and compression therapy. *European Journal of Lymphology* 1993; 4, 14.

ISL executive committee: The Diagnosis and Treatment of Peripheral Lymphedema. *Lymphology* 46 (2013) 1 – 11

S.K. Johannsen et. al: Effects of Compression Bandaging With or Without Manual Lymph Drainage Treatment In Patients With Postoperative Arm Lymphedema. *Lymph Link*, Publ. by National Lymphedema Network, San Francisco, CA. 2000; 12, 1

S.K Johansson: Lymphoedema and Breast Cancer, A Physiotherapeutic Approach. Studentlitteratur, Lund University, 2002 ISBN: 91-628-5117-9

W.F. Jungi: The prevention and management of lymphoedema after treatment of breast cancer. Basel, Eular Publ: *International Rehabilitation Medicine* 1981; 3.

M.A. Kanter: The lymphatic system: An historical perspective. *Plastic and reconstructive surgery* 1987; January.

R. Kaaja, E. Tiula: Die Wirkung der Manuelle Lymphdrainage bei Nephrotischen Oedemen (The effect of MLD on nephrotic oedema). *Haug: Akt. Beitrage zur MLD*. 1992; 3, 105.

R. Kaaja, E. Tiula: Manual Lymph Drainage in Nephrotic syndrome during pregnancy. *The Lancet* 1989 21/10/89: 990

R Kasseroller: Compendium of Dr. Vodder's Manual Lymph Drainage. Heidelberg, Haug 1998 1st Ed. (available from Dr. Vodder School).

S.J. Kim et. al: Effect of Complex Decongestive Therapy on edema and the quality of life in breast cancer patients with unilateral lymphedema. *Lymphology*, 2007, 40, 143-151.

S. J. Kim: Effects of Manual Lymph Drainage on Cardiac Autonomic Tone. *International Journal of Neuroscience*, 2009; 119:1105–1117

Y. B. Kim et al: Would complex decongestive therapy reveal long term effect and lymphoscintigraphy predict the outcome of lower-limb lymphedema related to gynecologic cancer treatment? *Gynecologic Oncology* 127 (2012) 638–642

D. S. Ko et. al: Effective treatment of lymphedema of the extremities. *Arch Surg*. 1998; 133: 452-458.

R. Kouil et. al: Efficacy of Complete Decongestive Therapy and Manual Lymphatic Drainage and treatment–related lymphedema in breast cancer. *Int. J. Radiation Oncology Biol Phys*. 2006

S. Krueger, E. Mooney, E. Tucker: A study of the effects of Manual Lymph Drainage on fibromyalgia. *Journal of Soft Tissue Manipulation*, 1998, 5 # 3

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM

Updated: September 2013

- J.B. Kinmonth: The lymphoedemas. General Considerations. E. Arnold Publishers 1982, Ch.7.
- E. Kuhnke: Vegetative Umstimmung durch Lymphdrainage (Autonomic changes through lymph drainage). Schattauer: Lymphologie 1987
- E. Kuhnke: Die Physiologischen Grundlagen der M.L. (The physiological basis of M.L.D). Physiotherapie 1975; 66, 12.
- I. Kurz: Textbook of Dr. Vodder's Manual Lymph Drainage. Heidelberg, Haug 1997; Vol. 2, 4th ed.
- I. Kurz: Textbook of Dr. Vodder's Manual Lymph Drainage. Heidelberg, Haug 1996 Vol. 3, 3rd ed.
- G. Laine et al: Effect of systemic venous pressure elevation on lymph flow and lung edema formation. American Physiological Society 1986; 1634 - 1638
- M. Lacomba et. al.: Effectiveness of early physiotherapy to prevent lymphoedema after surgery for breast cancer: randomised, single blinded, clinical trial. BMJ 2010;340:b5396 doi:10.1136/bmj.b5396
- C. Lamontanaro: Handling Lymphedema. PT Today 1995; 3, 2.
- B. D. Lawanda et. al: Lymphedema: A primer on the identification and management of a chronic condition in oncologic treatment. CA Cancer J Clin 2009; 59;8-24
- R. Lerner: The ideal treatment of lymphedema. Massage Therapy Journal 1992; 31, 1.
- J. Levick, P. Mortimer: Fluid 'Balance' between Microcirculation and Interstitium in Skin and Other Tissues: Revision of the Classical Filtration-Reabsorption Scheme. In: Progress in Applied Microcirculation, Messmer K (ed), Basel, Karger 1999, 23, 42 - 62
- S.F. Liao et. al. The Efficacy of Complete Decongestive Physiotherapy (CDP) and predictive factors of lymphedema severity and response to CDP in breast cancer-related lymphedema (BCRL). The Breast (2013), <http://dx.doi.org/10.1016/j.breast.2012.12.018>
- M.L. McNeely et. al: Conservative and Dietary Interventions for Cancer-Related Lymphedema. Cancer, 2010; 11.
- S. Madalli-Bongi et. al: Manual Lymph Drainage Improving Upper Extremity Edema and Hand Function in Patients With Systemic Sclerosis in Edematous Phase. Arthritis Care & Research, August 2011, Vol. 63, No. 8, pp 1134–1141.
- H. Mislin: Die Lymphdrainage als biotechnisches Problem (Lymph drainage as a biotechnical problem). Heidelberg, Haug Erfahrungsheilkunde 1984; 9, pp 573-577.
- E. Nechas: Case of the ballooning limb. In Prevention magazine 1991, November.
- W.L. Olszewski, A. Engeset: Intrinsic contractility of leg lymphatics in man, preliminary communication. Lymphology 1979, 12.

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM

Updated: September 2013

W.L. Olszewski: Lymphatics, lymph and lymphoid cells: an integrated immune system. European Surgical Research 1986, 18.

J. Petrek, P. Pressman, R. Smith, Lymphedema. 1998 American Cancer Society: NCICFUL, PO Box 102454, Atlanta, GA 30368-2454, USA

N.B. Piller, R. Harris: Objective measurement of the effectiveness of a single session of Manual Lymphatic Drainage of primary and secondary lymphoedema of the leg. Lymphology , 2002, 35 (suppl.) p. 289-292.

N.B. Piller, I. Swedborg, J.R. Norrefalk: Lymphoedema rehabilitation programme. European Journal of Lymphology 1992; 3, 11.

N.B. Piller, Douglass, J: Manual Lymphatic Drainage – an effective treatment for lymphoedemas. Journal of the Australian Association of Massage Therapists. 2004, Vol 2, #4. p. 8 – 13.

X. Pinell et. al.: Manipulative Therapy of Secondary Lymphedema in the Presence of Locoregional Tumors. American Cancer Society. Published online: December 2007 in Wiley InterScience (www.interscience.wiley.com).

C. Pippard, I.C. Roddie: Comparison of fluid transport systems in lymphatics and veins. Lymphology 1987; 20 pp 224-229

P. J. Pollot: Lymphedema, Finding the Holistic Approach (2001). Phillip Pollot, 471 Spencer Rd., Rochester, NY 14609.

M.P. Pronsati: PT Patients respond to Massage Technique (MLD). Advance for Physical Therapists 1990.

P.T. Pugliese, L. Garafallou: Lymphatic Drainage Massage. In S. Bosniak. W.B. Principles and Practice of Ophthalmic, Plastic and Reconstructive Surgery 1996, pp 651-656, Saunders.

S.M. Ramos, L.S. O'Donnell, G. Knight: Edema volume, not timing is the key to success in lymphedema treatment. Am. Jour. Surg. 1999, 178, 311 - 315.

T.J. Ryan, P.S. Mortimer, R.L. Jones: Lymphatics of the Skin. International Journal of Dermatology 1986; 25, 7

T.J. Ryan, P.S. Mortimer, et al.: Cutaneous Lymphatic System. Clinics in Dermatology 1995 13, # 15. Elsevier Publishers.

Schmitz K, et. al: Weight Lifting in Women with Breast-Cancer–Related Lymphedema. N Engl. J Med 2009; 361; 7.

Schillinger A, et. al: Effect of Manual Lymph Drainage on the Course of Serum Levels of Muscle Enzymes After Treadmill Exercise. 2006; Am. J. Phys. Med. Rehabil. • Vol. 85, No. 6

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM Updated: September 2013

- H. Shuneman, N. Willich: Lymphoedema nach Mammakarzinom (Lymphedema after breast cancer). Deutsche med. Wschr. 1997, 122, 536-541
- J.K. Smith: Oncology Nursing in Lymphedema Management. Innovations in Breast Cancer Care. 1998; 3,4
- A. Stanton et. al: Diagnosing Breast Cancer related Lymphedema in the arm. Journal of Lymphoedema, 2006, Vol 1, No. 1.
- H.J. Stinjns and A. Leduc: The Contribution of Physical Therapy in the Treatment of Lymphedema. In L. Clodius, Lymphoedema. Stuttgart, George Thieme Verlag KG, 1977: 27-32
- N. Stout-Gergich et. al: Preoperative assessment enables the early diagnosis and successful treatment of lymphedema. American Cancer Society, 2008; Publisher: Wiley Interscience.
- I.C. Tan et, al: Assessment of Lymphatic Contractile Function After Manual Lymphatic Drainage Using Near-Infrared Fluorescence Imaging. Arch Phys Med Rehabil Vol 92, May 2011
- D. Tidhar, M. Katz-Leurer: Aqua lymphatic therapy in women who suffer from breast cancer treatment related lymphedema: a randomized controlled study. Support Care Cancer, 2009. DOI 10.1007/s00520-009-0695-2
- K. Tribe: Treatment of Lymphoedema: The Central Importance of Manual Lymph Drainage. Physiotherapy 1995 (UK). 81, 3
- R. Twycross et. al: Lymphoedema. UK, Radcliffe, 2000.
- G. L. Vario et. al.: Systematic review of efficacy for manual lymphatic drainage techniques in sports medicine and rehabilitation: an evidence-based practice approach. J Man Manip Ther. 2009;17(3):e80-9.
- H. Von.Trettin: Der Einsatz der Manuellen Lymphdrainage bei der Behandlung Migränerkrankter (The use of manual lymph drainage in the treatment of migraine patients).Heidelberg, Haug: Erfahrung-Heilkunde, 1984; 33, 9.
- H. Weissleder, Schuchhardt C: Lymphedema Diagnosis and Therapy. Bonn, Viavital 2008 4th Ed (available from Dr. Vodder School)
- A.F. Williams et. al: A randomized crossover study to compare the effects of manual lymph drainage (MLD) and self administered massage (SAM) in women with breast cancer-related lymphoedema. The Journal of MLD UK. Vol. 6, Issue 2, 2000. (PO Box 14491, Glenrthes, Fife, Scotland KY6 3YE, UK).
- A.F. Williams et. al: A randomized controlled crossover study of manual lymphatic drainage therapy in women with breast cancer-related lymphoedema. European Journal of Cancer Care. 2002. 11(4):254-61.
- A.F. Williams: Breast and trunk oedema after treatment for breast cancer. Journal of Lymphoedema, 2006. Vol.1, 1.

Bibliography of Articles: MLD/CDT and THE LYMPHATIC SYSTEM Updated: September 2013

A.F Williams, Manual lymphatic drainage: exploring the history and evidence base. British Journal of Community Nursing, 2010, 15 (4 Supp): S18 - S24

D. Wittlinger: Einfluss der Manuellen Lymphdrainage und der Klassischen Massage auf das Laktatverhalten unter Belastung bei einem Leistungssportler (The influence of M.L.D and classical massage on the lactate reaction to exertion in a competitive athlete). Physikalische Therapie 9 12/88.

H. Wittlinger et. al: Dr. Vodder's Manual Lymph Drainage: A Practical Guide, Thieme, 2011 (available from Dr. Vodder School).

H. and G. Wittlinger: Textbook of Dr. Vodder's Manual Lymph Drainage. Heidelberg, Thieme, 2004; Vol. I, 7h ed. (available from Dr. Vodder School).

H. Wittlinger, R.H. Harris & K. McKillip-Thrift: Dr. Vodder's MLD: current perspectives. Massage Therapy Journal 1993: 32 (2): 46 - 53

A. Zimmerman et. al: Efficacy of Manual Lymphatic Drainage in Preventing Secondary Lymphedema after Breast Cancer Surgery: Lymphology 45 (2012) 103-112.