

The Lymphatic System and Bowenwork – A Home-Study Class

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Class Format: Home study

Hours/CE Credit: 16

Cost: \$225, and includes a manual for download

Pre-requisites: Module 7

I. Rationale:

The Lymph System and Bowenwork gives you first an overview of the lymphatic system and the amazing congruency between how that system needs to be addressed and how we approach the body in our own work.

II. Presentation Aims and Outcomes:

Aims:

Knowledge of the lymph system anchors and gives credence to what we say about the mechanics of the Bowenwork move. You will understand the rationales and specific tactics for the order of moves and procedures to optimize lymph flow and additional mechanisms that should be considered when working with persons with lymphatic issues.

Specific Learning Outcomes:

At the end of this class, the participant will be able to:

1. List the lymphatic organs
2. Describe how the lymph system works in tandem with the circulatory system
3. Define lymphangitis and state how they function
4. Describe the function of the lymph nodes, their size, and locations
5. Identify the tributary regions of the lymph nodes
6. List the types of lymph vessels, where they are located, and their function
7. Identify the watersheds, their functions, and their locations
8. State the difference between edema and lymphedema
9. List the contraindications and considerations for working with those persons having lymphedema
10. List the types of edema
11. State the causes of lymphedema
12. State the difference between primary and secondary lymphedema
13. List the signs of lymphedema
14. Identify potential differences between lymphedema and other conditions that may look like it

15. State why working gently and slowly is more appropriate to the lymph system
16. State the pathophysiology of lymphedema
17. Identify the longer-term effects of lymphedema on the tissues, and on the psyche
18. Identify which portions of the body are downstream and upstream from each other
19. Identify the Bowenwork procedures that can support the tissues around the lymph nodes and vessels
20. List the differences between our approach to lymph work and that of MLD therapists
21. State what the newest research has found regarding lymph flow in the brain and central nervous system
22. List the considerations needed when working with clients having edema or lymphedema
23. Describe how the reflex system can be exploited if one can't work directly over the targeted site
24. Describe the mechanism by which breath influences lymph flow in the body

III. Presentation Requirements:

Course Requirements and Setup

The Online Lymph System and Bowenwork is held on the online platform Ruzuku. The class is divided into four segments, each segment taking one week to complete.

The format will be reading on your own; meeting with your cohort and instructor on the interactive online platform Ruzuku, for thought-provoking discussions on the relevance of the lymph system to Bowenwork; and quizzes on the reading material.

There is some introductory material and a pre-quiz (just to see what you already know) that you will have access to once you sign up.

On Saturday of each succeeding week you will have access on Ruzuku to the discussions covering each sequential section. A quiz on the particular section can be accessed through a link on one of the Ruzuku discussion topics.

By the following Sunday evening, you will need to have read the pertinent portion of the manual and completed the online quiz. You will also need to participate in each Ruzuku discussion topic further than your initial response.

What is "further than your initial response"? After you have offered your opinion, make sure that you read what others have offered, and respond where you have something to say. Just know that the more you participate in the discussions, the more you (and everyone else) will benefit from the course.

Important note on the discussions: There are no right or wrong answers. Think instead of developing your thought processes around how the material in the text can be applied to Bowenwork. Earlier Ruzuku participants found it worked best to respond to the discussion topics prior to reading responses that anyone else had written.

These requirements must be completed on time, and an 80% obtained on each of these open-book quizzes, to pass and thus get credit for the class.

The course will take four weeks to complete.

IV. Resource Readings:

Artzberger, Sandra, MS, OTR, CHT: "Manual Edema Mobilization," presented by the Bay State Hand Group and New England Medical Center, January 27-28, 2001.

Chikly, Bruno, MD: "Lymph Drainage Therapy," UI Publishing and Arthritis Trust of America/The Rheumatoid Disease Foundation, 7111 Sweetgum Road, Suite A, Fairview, TN 37062-9384, 1966.

Chikly, Bruno, MD: "Lymph Drainage Therapy," Level 1&2 Study Guides, The Upledger Institute, 2001.

Foldi, M., and Strobenreuther, R.: *Foundations of Manual Lymph Drainage*, Elsevier, 2003.

Fulford, Robert, DO: *Dr. Fulford's Touch of Life*, Pocket Books, 1996.

Gintis, Bonnie, DO: *Engaging the Movement of Life*, North Atlantic Books, 2007.

Klose, Guenter: *Manual Lymph Drainage Certification Course Manual*, Klose Training and Consulting.

Rymal, Christine, MSN, RN, CS, AOCN: "Lymphedema Therapy During Adjuvant Therapy for Cancer," *Clinical Journal of Oncology and Nursing*, Barbara Holmes Gobel, RN, MS, AOCN®, Associate Editor, July/August 2003, Volume 7, Number 4.

Struble, Danielle C.: "Secondary lymphedema and breast cancer," *Rehabilitation Oncology*, 2001.

Travell, Janet G., MD, *et. al.*: *Myofascial Pain and Dysfunction -- The Trigger Point Manual*, Williams & Wilkins, 1983.

V. Time Allocation:

It is expected that it will take two hours each week for the assigned reading and associated test. Two hours each week are also imagined for contributing to the discussions on Ruzuku, including reading others' responses and commenting.