

Included are the full-length peer reviewed medical research papers. For your convenience, we have also included short summaries of each article with quotes taken directly from the corresponding research study.

MANUAL LYMPHATIC DRAINAGE MAY DECREASE CELLULITE

Effects of Mechanical Massage, Manual Lymphatic Drainage and Connective Tissue Manipulation Techniques on Fat Mass in Women with Cellulite

V Bayrakci Tunay, T Akbayrak, Y Bakar, H Kayihan, N Ergun

Summary: “In conclusion, mechanical massage, manual lymphatic drainage and connective tissue manipulation techniques offer safe and effective methods for cosmetic local fat reduction or distribution from the waist-buttocks and thighs.”

MANUAL LYMPHATIC DRAINAGE MAY HELP WITH VARIOUS MEDICAL CONDITIONS

Lymphedema & Cancer Patients

A Therapeutic Approach in the Treatment and Rehabilitation of Cancer Patients

Marta Korpan, Richard Crevenna, and Veronika Fialka-Moser

Summary: “This randomized study of the treatment of breast cancer-related lymphedema demonstrated the importance of starting compression therapy in the early stage of lymphedema because women with uncomplicated edema in stages 1 and 2 can often experience significant reduction...”

“In conclusion, the importance of compression therapy in both the intensive phase of lymphatic therapy and the long-term maintenance phase is emphasized.”

Lymphoedemas

Manual Lymphatic Drainage- An Effective Treatment for Lymphoedemas

Neil Piller and Jan Douglass

Summary: “Regular weekly to monthly MLD sessions maintain open drainage and correct posture... It is clear that one 45-minute session can significantly soften hardened tissues, help the removal of abnormally accumulated extracellular fluids and result in reductions in the total volume of the affect limb.”

Venous Disease

Patients with Venous Disease Benefit from Manual Lymphatic Drainages

P Molski, R Ossowski, W Hagner, S Molski

Summary: “After surgery, the MLD group had significant better result than the control group in the CEAP score and had comparable results for QoL (quality of life). MLD improved VRI, CEAP score, anxiety and depression stages. MLD can be an alternative or a supplementary procedure for patients surgically treated.”

MANUAL LYMPHATIC DRAINAGE FOR SPORTS & REHABILITATION

Systematic Review of Efficacy for Manual Lymphatic Drainage Techniques in Sports Medicine and Rehabilitation: An Evidence-Based Practice Approach

Giampiero Vairo, Sayers John Miller, Nicole McBrier, William Buckley

Summary: “When combined with concomitant musculoskeletal therapy, pilot and case studies demonstrate MLDT effectiveness. The best evidence suggests that efficacy of MLDT in sports medicine and rehabilitation is specific to resolution of enzyme serum levels associated with acute skeletal muscle cell damage as well as reduction of edema following acute ankle joint sprains and radial wrist fracture.”