

Lymphatic Drainage Basics Home Study Course

8 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on massage or spa techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

Instructions for the Lymphatic Drainage Basics home study course

Thank you for investing in the Lymphatic Drainage Basics home study course, an 8 CE hour course designed to further your knowledge in the principles and practice of lymphatic drainage therapy.

This guide will contain all of the instructions you will need to complete this course. This is an 8 CE hour course, so that means it should take you approximately 8 hours to read the textbook, and complete the multiple choice exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam.**
- 2. Access the online examination by logging in to your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the test. This course uses the text *The Complete Guide to Lymph Drainage Massage*, by Ramona Moody French. Feel free to review the text while completing the exam. There are no trick questions on the exam. All of the answers are clearly found in the text.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have to go back and forth through the online exam.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Lymphatic Drainage Basics home study course.

Lymphatic Drainage Basics Exam

Chapter 1

1. What is lymph drainage massage (LDM)?
 - A. A gentle, rhythmic style of massage that mimics the action of the lymphatic system, uses precise rhythm and pressure to open the initial lymphatics and stimulate lymph vessel contraction to reduce edema
 - B. A firm, intermittent style of massage that mimics the action of the lymphatic system, uses precise rhythm and pressure to open the initial lymphatics and stimulate lymph vessel contraction to reduce edema
 - C. A gentle, rhythmic style of massage that mimics the action of the circulatory system, uses precise rhythm and pressure to open the initial capillaries and stimulate blood vessel contraction to reduce edema
 - D. A firm, intermittent style of massage that mimics the action of the circulatory system, uses precise rhythm and pressure to open the initial capillaries and stimulate blood vessel contraction to reduce edema
2. What is the cause of secondary lymphedema?
 - A. A congenital malformation of blood and/or lymph vessels
 - B. Obstruction due to infection, injury, irradiation, or surgery
 - C. A congenital malformation of muscle and/or bone structure
 - D. Obstruction due to normal healthy tissue

Chapter 2

3. All of the following are types of loose connective tissue EXCEPT:
 - A. Areolar tissue
 - B. Adipose tissue
 - C. Reticular tissue
 - D. Fascia
4. Lymph is liquid that contains:
 - A. Erythrocytes, leukocytes, and platelets
 - B. Leukocytes, protein, and metabolic waste
 - C. Erythrocytes, protein, and platelets
 - D. Leukocytes, erythrocytes, and metabolic waste
5. The lymphatic system begins in the tissues with the:
 - A. Lymphatic ducts
 - B. Lymphatic trunks
 - C. Lymph vessels
 - D. Lymph capillaries (initial lymphatics)
6. All of the following are lymph organs EXCEPT:
 - A. Tonsils
 - B. Thymus
 - C. Liver
 - D. Spleen

Chapter 3

7. Lymph circulation is dependent on factors such as:
- A. Skeletal movement
 - B. Internal and external changes in pressure
 - C. The lymphatic pump
 - D. All of the above

Chapter 4

8. All of the following are a function of the lymphatic system EXCEPT:
- A. Removes fluid from the blood circulatory system and returns it to the tissues
 - B. Distributes immune cells throughout the body to maintain health and defend against disease
 - C. Rids tissues of excess proteins and toxins
 - D. Carries digested fat from the intestines to the blood vessels

Chapter 5

9. The moving cells of the lymphatic system, which migrate throughout the body and protect the body against the harmful effects of invading microorganisms, poisons, and dead or dying cells are called:
- A. Stationary cells
 - B. Red blood cells, or erythrocytes
 - C. White blood cells, or leukocytes
 - D. Edema

Chapter 6

10. What is edema?
- A. A condition in which excess interstitial fluid saturates tissues, causing swelling
 - B. A condition in which lack of interstitial fluid saturates tissues, causing swelling
 - C. A condition in which excess blood saturates tissues, causing swelling
 - D. A condition in which lack of blood saturates tissues, causing swelling
11. All of the following are characteristics of lymphedema disease EXCEPT:
- A. At the worst, lymphedema disease results in chronic serious infections
 - B. It is a progressive disorder that cannot be cured
 - C. It is chronic and goes through different stages over time
 - D. It is the same as obesity, in that they both tend to be symmetrical

Chapter 7

12. Which of the following are indications for LDM (when in doubt, it is always safer to refer the client to a physician for prior evaluation)?
- A. Edema
 - B. Soft tissue injury
 - C. Scar tissue
 - D. All of the above

13. In which of the following situations should LDM be avoided?
- A. A client with a history of phlebitis, who has been cleared by their physician, with asymptomatic veins
 - B. A client who informs you that they have a fever of 102.2
 - C. A client who reports on their intake form that they have mild asthma, and haven't had an asthma attack for one year
 - D. A client who informs you that they have allergies, but are not having acute allergic symptoms at this time

Chapter 8

14. All of the following are basic principles of LDM EXCEPT:
- A. Success depends on moving the deeper musculature rather than the skin
 - B. The most effective pressure for LDM is between one half ounce and eight ounces per square inch
 - C. Move lymph toward the lymph nodes in the neck, axilla, and the groin
 - D. Slow, smooth, rhythmic movements are essential for success
15. Which of the following is the correct basic LDM sequence?
- A. Begin with the affected area, then massage the adjacent trunk quadrant, massage the limb proximal to distal, finish with massage on the nodes
 - B. Begin with the lymph nodes, then massage the massage the limb proximal to distal, massage adjacent trunk quadrant, massage the nodes again
 - C. Begin with the lymph nodes, then massage the adjacent trunk quadrant, massage the limb proximal to distal, massage the nodes again
 - D. Begin with the limb proximal to distal, then massage the adjacent trunk quadrant, and finish with massage on the nodes
16. The basis of all LDM is:
- A. The stationary circle
 - B. The pump
 - C. "J" strokes
 - D. Effleurage

Chapter 9

17. Client's records should include:
- A. Name, address, phone number
 - B. Emergency contact information
 - C. Health history
 - D. All of the above

Chapter 10

18. Contraindications to LDM include all of the following EXCEPT:
- A. Infection
 - B. Acute inflammation
 - C. Sluggish immune system
 - D. Major injuries

19. Where is the thoracic duct located?
- A. Anterior to the anterior scalene, left side, looping above the clavicle
 - B. Anterior to the anterior scalene, right side, looping above the clavicle
 - C. Posterior to the anterior scalene, left side, looping below the clavicle
 - D. Posterior to the anterior scalene, right side, looping below the clavicle
20. Which of the following is correct in regards to the procedure for LDM of the head and neck?
- A. LDM is performed on the left side of the face first; the massage technique, unless otherwise indicated, is stationary circles; complete ten to fifteen repetitions per minute
 - B. LDM is performed on both sides of the neck and face at the same time; the massage technique, unless otherwise indicated, is stationary circles; complete seven to ten repetitions per minute
 - C. LDM is performed on the left side of the face first; the massage technique, unless otherwise indicated, is effleurage; complete seven to ten repetitions per minute
 - D. LDM is performed on both sides of the neck and face at the same time; the massage technique, unless otherwise indicated, is effleurage; complete ten to fifteen repetitions per minute
21. If the purpose of the treatment is to enhance the immune system during or before flu season, urge the client to have:
- A. One to five sessions in one week
 - B. Three to seven sessions in one week
 - C. Five to ten sessions in one week
 - D. Ten to fourteen sessions in one week

Chapter 11

22. The lateral axillary nodes (brachial nodes) drain the:
- A. Skin and superficial fascia of the upper arms
 - B. Upper arms
 - C. Back of the neck, upper back, scapular muscles
 - D. Ulnar side of the forearm and hand
23. In the LDM of the upper extremities and trunk sequence, stationary circles should last _____ seconds and should be repeated for at least one minute, until the tissue becomes softer, warmer, and can be stretched in larger circles.
- A. Seven
 - B. Ten
 - C. Twelve
 - D. Fifteen
24. Once the initial supine sequence for the upper extremities and trunk has been completed from the supraclavicular nodes to the dorsum of the hand, the sequence is:
- A. Repeated twice in the same order
 - B. Repeated three times in the same order
 - C. Considered complete and you can turn the client over to a prone position
 - D. Reversed and repeated from the hand to the shoulder

Chapter 12

25. The lumbar trunks and the intestinal trunk join to form the _____, which is the inferior end of the thoracic duct.
- A. Lumbar nodes
 - B. Deep inguinal nodes
 - C. Cisterna chyli
 - D. Aortic chyli
26. In which of the following areas is the 'scoop' technique used?
- A. Femoral triangle
 - B. Along the 'side seam' of the thigh
 - C. Around the knee
 - D. All of the above
27. Once the LDM on the lower extremities and trunk has finished, which of the following techniques is used to invigorate the client?
- A. Percussion or neck and shoulder massage
 - B. Light effleurage or neck and shoulder massage
 - C. Percussion or trigger point therapy
 - D. Light effleurage or connective tissue massage

Chapter 13

28. What is the purpose of abdominal massage?
- A. To decrease the motility of abdominopelvic organs and reduce breathing, which are two forces that stimulate the deep circulation of lymph
 - B. To enhance the motility of abdominopelvic organs and improve breathing, which are two forces that stimulate the deep circulation of lymph
 - C. To enhance the motility of abdominopelvic organs and reduce breathing, which are two forces that inhibit the deep circulation of lymph
 - D. To decrease the motility of abdominopelvic organs and improve breathing, which are two forces that inhibit the deep circulation of lymph
29. All of the following are contraindications to abdominal LDM EXCEPT:
- A. Pregnancy
 - B. Ruptured vertebral disc
 - C. Medical implants such as a stent
 - D. Constipation
30. All the lymph from the superficial and deep circulation in the lower extremities and lymph from the pelvic organs drains to the:
- A. Sacral nodes
 - B. Phrenic nodes
 - C. Intercostal nodes
 - D. Inguinal nodes

31. When massaging the upper left quadrant of the abdomen, lymph should be moved toward the:
- A. Right axilla
 - B. Left axilla
 - C. Right inguinal nodes
 - D. Left inguinal nodes
32. Which of the following is an important note to keep in mind when performing 'abdominal massage: stimulating the deep circulation of lymph'?
- A. This is an intense massage and the therapist should proceed slowly and cautiously, and it should not hurt
 - B. After this work, the client may feel a little sore the next day, as if he or she had been working out at the gym
 - C. Work this intense may trigger an emotional release in the client
 - D. All of the above

Chapter 14

33. What is identification?
- A. Imposing your issues on the client as an explanation of what the client is experiencing
 - B. Becoming inappropriately involved in the client's life and establishing a personal relationship instead of maintaining the business relationship
 - C. Judging the client by the therapist's own standards
 - D. Trying to please the client by offering longer sessions or reduced fees

Chapter 15

34. LDM can be combined with deep-tissue massage to:
- A. Slow the removal of cellular waste and toxins
 - B. Produce a deeply relaxed state for inner work
 - C. Reduce post-session soreness and swelling
 - D. Help diagnose the client's condition
35. The most effective bodywork treatment of cellulite combines which of the following types of massage?
- A. Connective tissue massage, or myofascial release, to break down adhesions in the superficial tissues and increase nutrition to the tissues, with gentle lymphatic massage to remove inflammation and toxins
 - B. Trigger point therapy, or Swedish massage, to break down adhesions in the superficial tissues and increase nutrition to the tissues, with gentle lymphatic massage to remove inflammation and toxins
 - C. Swedish massage, or myofascial release, to break down adhesions in the superficial tissues and increase nutrition to the tissues, with gentle lymphatic massage to remove inflammation and toxins
 - D. Connective tissue massage, or reflexology, to break down adhesions in the superficial tissues and increase nutrition to the tissues, with gentle lymphatic massage to remove inflammation and toxins

Chapter 16

36. Why is teaching one's clients to self-treat with LDM valuable?
- A. Teaching clients to self-treat daily with weekly professional sessions yields better results than if the clients simply come in once a week for LDM sessions with professionals
 - B. People whose work demands that they stand all day, and who suffer edema and painful legs and feet as a result, will find that daily LDM helps to reduce edema, improve circulation, and reduce or eliminate leg pain
 - C. Women who suffer hormone-related bloating, and breast swelling and tenderness will find that regular LDM helps to eliminate each of these symptoms
 - D. All of the above
37. Which of the following can help to count the seconds to make sure the massage movements are consistent?
- A. A loudly playing TV
 - B. A loudly ticking clock
 - C. A loudly playing radio
 - D. A well-lit room
38. Which of the following positions is probably the most comfortable for performing self-massage of the upper limbs?
- A. Standing
 - B. Seated
 - C. Lying down, propped up by a couple of pillows
 - D. Lying down flat prone
39. All of the following are connective tissue massage techniques that can help with an older soft-tissue injury, which is completely healed but still swollen EXCEPT:
- A. Skin-rolling
 - B. Cross-fiber friction
 - C. Deep-slow strokes
 - D. Reflexology

Chapter 17

40. All of the following are true of the phenomenon of the healing crisis EXCEPT:
- A. The healing crisis is a medical concept, proven by literature and research studies
 - B. The idea of the healing crisis refers to the experience clients sometimes have of feeling worse before they feel better
 - C. The concept of a healing crisis derives from the belief that disease, particularly chronic disease, is caused by toxicity, and that toxicity is the result of both physical and emotional pollution that has accumulated in the human system over time
 - D. When a healing crisis does occur, it can begin spontaneously during the LDM session, or it can be precipitated by the work and occur later

This completes the Lymphatic Drainage Basics exam.