

Lymphatic Drainage Massage Home Study Course

14 CE Hours
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 techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to Lymphatic Drainage massage.

Instructions for the Lymphatic Drainage Massage home study course

Thank you for investing in the Introduction to Lymphatic Drainage home study course, a 14 CE hour course designed to introduce you to lymphatic drainage massage and its related theories. This guide will contain all of the instructions you will need to complete this course. This is a 14 CE hour course, so that means it should take you approximately 14 hours to read the text, watch the DVD, and complete the exam.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in 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. Feel free to review your textbook while taking the test. This course uses the text *Milady's Guide to Lymph Drainage Massage*, by Ramona Moody French and the DVD *Lymphatic Drainage Massage: The Body* with Meade Steadman. 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 go back and forth through the online exam.

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at 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 Massage home study course.

Lymphatic Drainage Massage Exam

Chapter 1

1. Lymph drainage massage (LDM) is used primarily to reduce and treat:
 - A. Edema
 - B. Muscle constriction
 - C. Trigger points
 - D. Energy deficiencies
2. LDM mimics the circulatory system, employing repetitive strokes at a precise speed, rhythm and pressure.
 - A. True
 - B. False
3. What is edema?
 - A. A condition in which excess blood saturates tissues, causing them to swell
 - B. A condition in which excess blood and fluid pools in the lungs, causing them to fail
 - C. A condition in which excess interstitial fluid saturates tissues, causing them to swell
 - D. A condition in which excess interstitial fluid saturates the arteries of the body
4. What is the cause of secondary lymphedema?
 - A. A congenital malformation of blood and/or lymph vessels
 - B. Inactivity
 - C. Over activity
 - D. Obstruction due to infection, injury, irradiation or surgery

Chapter 2

5. Which of the following is a component of the lymphatic system?
 - A. Lymph nodes
 - B. Lymph tissue
 - C. The spleen and thymus
 - D. All of the above
6. What are initial lymphatics?
 - A. Immune cells that are distributed throughout the body
 - B. Body fluid that consists of water, electrolytes and proteins
 - C. Tiny one way vessels with closed ends
 - D. Collections of lymph tissue that filter lymph
7. What is the main purpose of bicuspid valves in precollecting vessels and lymph vessels?
 - A. They prevent backward movement of lymph when the vessels are compressed
 - B. They trap and destroy pathogens and waste collected by lymph
 - C. They allow collected lymph to permeate through the vessel membrane
 - D. All of the above

8. The _____ does not exist in everyone.
- A. Thoracic duct
 - B. Right lymphatic duct
 - C. Efferent vessel
 - D. Afferent vessel
9. What is the function of the lymph nodes?
- A. To filter blood through the white and red pulp of the spleen
 - B. To trap immune cells inside the lymph node and to funnel lymph through the sinuses so that it contacts the immune cells for sterilization
 - C. To help develop and mature T-cells which have migrated from the bone marrow by producing thymosin
 - D. To respond to antigens by creating antibodies to increase the immune system

Chapter 3

10. What is the lymphatic pump?
- A. An organ comparable to the heart which acts as the central pump for lymphatic circulation
 - B. A part of the lymph nodes which acts to filter lymph
 - C. Rhythmic, wavelike contractions of the lymphangions which propel lymph
 - D. A hormone produced by the thymus which acts to boost the immune system
11. What is the direction of fluid movement in the lymphatic system?
- A. Toward either the thoracic duct or the right lymphatic duct
 - B. Toward either the heart or the right lymphatic duct
 - C. Toward the center of the body or the pelvic cavity
 - D. Toward the feet
12. Which of the following body movements/actions stimulates lymph flow?
- A. Vigorous exercise
 - B. Inhalation
 - C. Stretching
 - D. All of the above
13. Massage therapists can stimulate the flow of lymph through all of the following ways EXCEPT:
- A. Massage
 - B. Passive movement
 - C. Proper draping
 - D. Elevation of the entire limb

Chapter 4

14. Which of the following is a function of the lymphatic system?
- A. Helps balance fluid and distribute immune cells through out the body
 - B. Rids the tissues of excess proteins and toxins and carries digested fat from the intestines to the blood vessels
 - C. Helps to repair damage in injured tissues
 - D. All of the above

Chapter 5

15. Nonspecific immunity is _____, and specific immunity is _____.
- A. Innate, acquired
 - B. Acquired, innate
 - C. Built over time, existing in the body
 - D. Active, passive
16. All of the following are types of leukocytes EXCEPT:
- A. Neutrophils
 - B. Erythrocytes
 - C. Basophils
 - D. T-lymphocytes

Chapter 6

17. Edema can result from all of the following EXCEPT:
- A. Sustaining scar tissue and soft-tissue injury
 - B. Suffering heart or kidney disease
 - C. Exercising regularly
 - D. Having allergies
18. How can you test for pitting edema?
- A. Press a fingertip into the tissue, then withdraw it
 - B. X-ray the area of edema
 - C. Massage the area, then wait to see if the fluid clears
 - D. Ask the client if they are experiencing pain and tenderness in the area
19. What tissue changes may occur with chronic edema that accompanies chronic inflammation?
- A. Tissue becomes thicker
 - B. Tissue becomes less flexible
 - C. Tissue becomes reddened and coarse
 - D. All of the above

Chapter 7

20. While LDM was developed to treat edema and is very effective, it is important to know the cause of the edema before proceeding.
- A. True
 - B. False

21. Which of the following conditions does the author advise working in conjunction with a client's physician when performing LDM?
- A. Before and after surgery
 - B. Relieving stress and tension
 - C. Achieving a healthy diet
 - D. Enhancing the skin
22. When performing LDM to treat a sluggish immune system, how often is treatment recommended?
- A. Daily for three weeks
 - B. At least once a week for three months
 - C. Two times per month for six months
 - D. Once a month for three months
23. How does LDM benefit/enhance the skin?
- A. LDM is contraindicated for improving skin function
 - B. By softening and minimizing scar tissue in an area
 - C. By removing wastes and toxins from skin cells and improving lymph circulation
 - D. By treating the acute phase of skin conditions such as acne
24. Which of the following are absolute contraindications to LDM?
- A. Contagious, infected, open or discharging skin conditions
 - B. Congestive heart failure or kidney failure
 - C. Blood clots and/or phlebitis
 - D. All of the above

Chapter 8

25. When moving lymph and fluid, specific hand movements are more meaningful than following certain principles.
- A. True
 - B. False
26. What is the recommended pressure for effectively moving lymph and reducing edema?
- A. ½ to 8 ounces of pressure per square inch
 - B. 8 to 16 ounces of pressure per square inch
 - C. 16-24 ounces of pressure per square inch
 - D. 24-32 ounces of pressure per square inch
27. What is the proper pattern/order of massage in LDM?
- A. Begin by draining the extremity and work toward the heart
 - B. Begin by draining end of the extremity, then the related quadrant, then the lymph nodes
 - C. Begin by draining the lymph nodes, then the related quadrant, then the extremity
 - D. Begin by draining the lymph nodes, then the end of the extremity, then the related quadrant

28. Where do the superficial lymphatics in the upper body, between the waist and the clavicle, (excluding the sternum) drain to?
- A. The inguinal lymph nodes
 - B. The axillary lymph nodes
 - C. The neck lymph nodes
 - D. The cervical lymph nodes
29. The direction of lymph drainage in the four trunk quadrants is not exact.
- A. True
 - B. False
30. Why is it important to drain the lymph nodes first in LDM?
- A. In order to determine if an chronic condition is present
 - B. To allow your client to become more comfortable with the massage
 - C. In order to determine if there is a back up of lymph fluid in the nodes
 - D. In order to make room for fluid drained from surrounding areas
31. Which of the following techniques is the basis of all LDM?
- A. Doing the pump
 - B. J strokes
 - C. Stationary circles
 - D. The flat hand push
32. Which of the following is the purpose of the circular movement when performing “stationary circles”?
- A. The circular movement will compress the lymph capillaries, forcing them to drain
 - B. The circular movement will stretch the lymph capillaries in different directions, stimulating them to contract
 - C. The circular movement will stretch the lymph capillaries in one direction, causing them to relax
 - D. All of the above
33. Which of the following areas is “doing the pump” best used on?
- A. The extremities
 - B. The gluteals
 - C. The abdomen
 - D. The head
34. Which of the following is a disadvantage of the “flat hand push” technique?
- A. It is only useful on small areas like the face
 - B. It compresses the initial lymphatics, preventing interstitial fluid from entering the vessels
 - C. It only stretches the lymphatics in one direction
 - D. It is only useful on the back of the torso

35. Which of the following is a subtle change you should notice in the skin as your work progresses?
- A. The skin should feel warmer
 - B. The skin should feel softer
 - C. The skin should feel looser and more liquid
 - D. All of the above

Chapter 9

36. What is the purpose of beginning the LDM session with gentle, slow effleurage?
- A. In order to diagnose any preliminary skin changes
 - B. To assess the condition of the tissue to be aware of changes occurring during the session
 - C. To signify the end of the lymph work and help the client wake up
 - D. To gather information about the client's health history and determine the goals for the session
37. Why is it important to keep client records?
- A. To gather information about the client's health history and activity level
 - B. To give the therapist guidelines for discussing the client's expectations
 - C. To determine if the client needs to be referred to another healthcare provider
 - D. All of the above

Chapter 10

38. In which of the following examples is it appropriate to refer your client to another healthcare provider before providing LDM on the face and neck?
- A. A client who comes to you shortly after dental surgery
 - B. A client who comes to you with an acute injury of the neck
 - C. A client with persistent, unexplained facial swelling
 - D. All of the above
39. What is the purpose of using a warm, moist towel on the client's face before performing LDM on the face?
- A. In order to clean the client's face, relax muscles and stimulate lymph flow
 - B. In order to assess the area for any contraindications that may be present
 - C. In order to feel for edema and the tissue texture
 - D. In order to clean your own hands before the massage
40. Where does lymph initially drain from the forehead, temple and cheeks?
- A. The nodes under the mandible and the anterior chain of nodes in the neck
 - B. The anterior chain of nodes in the neck and the preauricular nodes
 - C. The preauricular nodes and the deep nodes on the neck below the earlobe
 - D. The occipital nodes and the cervical nodes on the posterior side of the head

41. What is the proper sequence for LDM on the face and neck?
- A. Empty the lymph nodes on the neck, then massage the neck, then massage the face
 - B. Massage the face first, starting at the nose, then proceed to the neck, then empty the lymph nodes
 - C. Massage the posterior neck first, then empty the lymph nodes, then massage the face
 - D. Empty the lymph nodes on the neck, then massage the face, then proceed to the neck
42. How long should each stationary circle be performed on the face and neck?
- A. Ten seconds and the circles repeated for two full minutes
 - B. Seven seconds and the circles repeated for a full minute
 - C. Five seconds and the circles repeated for thirty seconds
 - D. Three seconds and the circles repeated for a full minute
43. If a client comes to you with thyroid abnormalities, what area should you avoid massaging?
- A. The posterior neck
 - B. The anterior neck
 - C. The face
 - D. The cervical vertebrae
44. About how long should the entire face sequence take to complete?
- A. About 10 minutes
 - B. About 15 minutes
 - C. About 25 minutes
 - D. About 45 minutes

Chapter 11

45. Inflammation resulting from all of the following conditions will respond well to LDM EXCEPT:
- A. Acute fractures
 - B. Carpal tunnel syndrome
 - C. Tennis elbow
 - D. Frozen shoulder
46. Where are the subscapular nodes located?
- A. In the center of the axilla
 - B. Behind the lateral edge of the pectoralis major
 - C. Just inferior to the clavicle
 - D. The anterior edge of the latissimus dorsi

47. Painful and enlarged nodes anywhere in the body indicate infection, and the client should be referred to a physician before performing LDM.
- A. True
 - B. False
48. About how long should stationary circles be performed on the supraclavicular, infraclavicular and central axillary nodes?
- A. About 5 minutes on each set of lymph nodes
 - B. About 3 ½ to 4 minutes on each set of lymph nodes
 - C. About 2 ½ to 3 minutes on each set of lymph nodes
 - D. About 30 seconds to 1 minute on each set of lymph nodes
49. If you are working on a female client, what does the author recommend doing for breast massage?
- A. Undrape and massage the breast area according to the LDM sequence
 - B. Explain and demonstrate self-massage so that the client can do it herself at home
 - C. Ask the client if they are comfortable with the massage whether your state law allows it or not
 - D. Perform the LDM techniques on the breast if the client requests it
50. When treating a client with obstructive edema (lymphedema) of the upper extremity, which side should you address first?
- A. The affected side
 - B. It does not matter which side you start with
 - C. The congested side
 - D. The well side

Chapter 12

51. All of the following are possible indications of a blood clot in the lower extremity EXCEPT:
- A. Inflammation which is hot to the touch
 - B. Inflammation which is red and painful
 - C. Sharp pain
 - D. Inflammation from medication the client is taking
52. How can LDM help speed the healing of injuries?
- A. By stimulating microcirculation
 - B. By assisting in the removal of cellular debris
 - C. By making room for nutrients from increased blood flow to the area
 - D. All of the above
53. Where are the popliteal nodes located?
- A. Near the medial knee
 - B. In the femoral triangle
 - C. In the abdomen
 - D. In the posterior ankle

54. When performing LDM on the knee and from the knee to the ankles, the “scooping motion” technique is comparable to:
- A. A petrissage stroke
 - B. An effleurage stroke
 - C. A large semicircle
 - D. An acupressure technique
55. Which of the following techniques is primarily used on the gluteal and the posterior leg?
- A. Pumping
 - B. Semicircles with flat hands
 - C. Long, gentle effleurage
 - D. Thumb walking
56. It is important to never let your client leave until they are fully awake and able to drive safely.
- A. True
 - B. False

Chapter 13

57. Which of the following substances is contained in cellulite?
- A. Subcutaneous fat deposits
 - B. Body fluids
 - C. Waste materials
 - D. All of the above
58. In the treatment of cellulite, manual therapies are effective in treating the scarring of the connective tissue and the edema but cannot remove or redistribute fat cells.
- A. True
 - B. False
59. Which of the following types of manual therapy does the author state are most effective in treating cellulite?
- A. Lymphatic massage and trigger point therapy
 - B. Connective tissue and lymphatic massage
 - C. Connective tissue and Swedish massage
 - D. Reflexology and lymphatic massage
60. In addition to bodywork, which of the following are recommendations that may be given to clients who are worried about cellulite?
- A. Regular vigorous exercise three times per week
 - B. Stretching or yoga twice a week
 - C. Eat a healthier diet
 - D. All of the above

61. All of the following benefits are benefits of body wraps EXCEPT:
- A. They improve the appearance and feel of the skin
 - B. They are effective in reducing cellulite
 - C. They stimulate lymph and blood circulation
 - D. They increase the number of immune cells while slowing the reproduction of bacteria and viruses
62. When performing an assessment for treating cellulite with LDM, which of the following things need to be examined prior to the treatment?
- A. Cellulite and the condition of the skin
 - B. Scars and pockets of edema
 - C. Visible veins
 - D. All of the above
63. The entire session for treating cellulite (including all modalities used) should last no longer than:
- A. 30 minutes
 - B. 60 minutes
 - C. 90 minutes
 - D. 120 minutes

Chapter 14

64. By stimulating lymph flow on a physiologic level, LDM can balance and harmonize the client's energy or biofield.
- A. True
 - B. False
65. All of the following are guidelines which therapists should review before performing LDM (or any type of bodywork) EXCEPT:
- A. Therapists should offer no advice about the client's personal experiences or problems
 - B. Do not allow clients to explore the meanings of inner experiences
 - C. Do not invalidate an experience for a client by withdrawing or disapproving
 - D. It is important that therapists stay in touch with their own processes and reactions to clients' experiences
66. During a LDM session, a client relates an extreme experience to you and would like your help on the matter; what should you do?
- A. Listen to the client fully and then offer advice based upon your experience and knowledge
 - B. Help the client to explore their experience by relating any similar experiences you've had with the topic
 - C. Remain neutral and uninvolved; if necessary refer the client to the appropriate healthcare professional
 - D. End the massage session right away and refer the client to another healthcare provider for treatment

Chapter 15

67. In which of the following examples should LDM not be performed?
- A. A client who has recently fallen and comes to you for LDM but has not been evaluated by a physician
 - B. A postsurgical client who is still under care of their physician and does not have a prescription for LDM
 - C. A client with an acute injury that looks infected
 - D. All of the above
68. When treating a client to reduce fibrosis and scar tissue damage, the author recommends using _____ followed by LDM for optimal results.
- A. Deep tissue massage
 - B. Swedish massage
 - C. Energy work
 - D. Acupuncture
69. How can LDM benefit body-mind therapies?
- A. LDM's very slow pace and regular rhythm help to induce a state of nonordinary consciousness in which clients can do internal work
 - B. Because the treatment time for LDM is so long, the therapist has plenty of time to counsel the client during the session
 - C. Because of the close interaction between the client and the therapist, the client may gain a deeper sense of self
 - D. All of the above

Chapter 16

70. When teaching clients simple techniques for self-massage, it is important to also teach clients when not to perform LDM.
- A. True
 - B. False
71. Which of the following is a basic principle self-massage LDM?
- A. Use light pressure (1/2 to 8 ounces per square inch)
 - B. Move the skin in a circular or semicircular direction, repeating moves regularly and slowly
 - C. Move lymph toward the lymph nodes
 - D. All of the above
72. How can a person locate the inguinal nodes for self-massage on the lower limb?
- A. First locate the inguinal ligament, then place the hands half way between the inguinal ligament and the navel
 - B. Locate the femoral pulse and the inguinal ligament, place your hand along the inguinal ligament with the fingers reaching the femoral pulse
 - C. Place both hands just below the inguinal ligament and on the upper thigh
 - D. All of the above

73. When treating an acute soft tissue injury with LDM, where should you begin the massage?
- A. Begin at the most painful area in the center and work out toward the edge of the injured area
 - B. Palpate for the outer edge of the painful area, begin there and work inward toward the most painful area in the center
 - C. It does not matter where you start as long as you work the entire injury
 - D. Palpate for the outer edge of the painful area and work only the outer edge of the injured area

Chapter 17

74. A healing crisis is temporary and is accepted among alternative practitioners as a sign therapy is working.
- A. True
 - B. False
75. A client's reaction to the healing crisis can be physical or non physical and may include all of the following symptoms EXCEPT:
- A. Flu symptoms and mild nausea
 - B. Shivering
 - C. Injury to tissues
 - D. Weeping and emotional release

This completes the Lymphatic Drainage Massage exam.