

History of Manual Lymph Drainage

Manual Lymph Drainage is an advanced therapy technique developed in Europe by Dr. Emil Vodder from Denmark. Dr. Vodder and his wife were working as therapists on the French Riviera. Most of their patients were vacationing English who were there to recover from chronic colds. All had swollen lymph nodes. At that time, the lymphatic system was taboo for masseurs, as well as, for physicians. Dr. Vodder broke the taboo and treated the swollen lymph nodes intuitively and successfully; the result: the colds vanished. In 1936 Vodder presented his method to the world as Manual Lymph Drainage according to Dr. Vodder, during a congress in Paris.

It was not until the early 50's that Vodder received invitations from European countries to teach his method. In the early 60's a German general practitioner, Dr. Asdonk, heard of Vodder and became interested in this method. Therapists owe a lot to Dr. Asdonk. As a physician he recognized the importance of Vodder's method and gave the first list of indications.

It was in 1966 that Günther Wittlinger, first came in contact with Dr. Vodder. Vodder, Asdonk and Wittlinger founded the Association of Dr. Vodder's Manual Lymph Drainage in 1967. Wittlinger and Vodder also founded the very first Dr. Vodder School in 1972 in Walchsee – Austria.