

Lymph Drainage Therapy is an innovative hands-on method of lymphatic drainage developed by Bruno Chikly, MD, DO, LMT.

It has been created out of his award-winning research on the lymphatic system consistent with recent scientific discoveries. LDT is the first technique that enables practitioners to detect and palpate the specific rhythm, direction, depth, and quality of the lymph flow anywhere in the body. With these skills, practitioners can practice Manual Lymphatic Mapping (MLM) of the lymphatic vessels. With developed listening skills LDT practitioners can use their hands to assess and enhance overall circulation as well as determine the best alternate pathways for draining stagnant body fluid (lymph, interstitial, synovial fluid, etc...).

Lymph Drainage Therapy techniques has been taught for almost 35 years to about 18,000 therapists throughout the world.



LDT is a gentle technique that works through the body's interstitial and lymphatic system to activate the body's liquid circulation and stimulate the functioning of the immune and parasympathetic nervous systems.

Advanced LDT practitioners develop the skill to perceive and respond to the body's innate ability to heal itself. The practitioner can then reroute the lymph by following the subtle indications given by the body enhancing the healing process. This eliminates mental mistakes in assuming we know what the body needs and therefore enforcing pathways that are not optimal. Honoring the intelligence of the body ensures deeper and long-lasting results.

Advanced practitioners are taught how to “map” the lymphatic pathways with their hands (Manual Lymphatic Mapping – MLM) as well as to assess the client before, during, and after the session. They also discover how to identify precise areas of the body where there is fluid stagnation or fibrosis, and then find the most appropriate pathways for drainage.

Trained students learn how to work with muscles, fascia, tendons, periosteum, viscera, synovial fluid, chambers of the eyes, dura, pia, and blood vessels.

LDT also includes advanced techniques such as Lympho-Fascia Release (LFR) to simultaneously release lesions in the fascia and fluid of the body. These techniques can be applied to the fascia, viscera, ligaments, tendons, or trigger points in the body.



Another branch of LDT will use specific techniques for the synovial fluid to release joints in the body, including articulations rarely addressed such as the embryological articulations.