**Lymphatic Drainage and Vascular Release for the Pelvic PT**

**Day 1**

8:30-9:00 Introductions

9:00-10:30 Positional Release

Basic theory, technique, lab

10:30-10:45 Break

10:45-11:15 Vascular Anatomy

11:15-12:00 Vascular Techniques Lab

12:00-1:00 Lunch

1:00-2:00 Vascular Release: Aorta & External Iliacs

Anatomy, techniques, lab

2:00-3:00 Vascular Release: Internal iliacs & Uterine Vessels

Anatomy, techniques, lab

3:00-3:15 Break

3:15-4:30 Vascular Release: Renal, Ovarian/Testicular, Small Bowel

4:30-5:00 Questions

**Day 2**

8:00-8:30 Review of Day 1 & questions

8:30-9:45 Lecture: The Lymphatic System

9:45-10:00 Break

10:00-10:30 Lab: basic lymph drainage techniques

10:30-11:15 Depth of treatment lab

Palpation & drainage of different levels of tissues

11:15-12:30 Drainage of lymph nodes and deep vessels

Anatomy, technique and lab

12:30-1:30 Lunch

1:30-2:00 Drainage of the Liver

Anatomy, technique, lab

2:00-2:15 Break

2:15-2:45 Drainage of the uterus, vulva & bladder, testicles, scrotum

Anatomy, technique, lab

3:15-3:30 Congestion in the lymphatic system

3:30-4:00 Q & A