Lymphatic/fluid Techniques and Venous Sinus Drainage

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Learning Objectives

- Understand importance of diaphragms for lymphatic flow.
- Evaluate and treat diaphragms to augment lymph flow.
- Select appropriate lymphatic techniques and apply them clinically.
• Evaluate and Treat Pelvic Diaphragm.
• Evaluate and Treat Thoracoabdominal Diaphragm.
• Evaluate and Treat Thoracic Inlet.
• Evaluate and Treat Tentorium Cerebelli.
• Perform Dural Venous Sinus Drainage.
• Perform Pedal Pump.
• Perform Thoracic Lymphatic Pump.
Thoracic duct
Internal jugular vein
Lymph sucked in by low pressure
Left subclavian vein
Low pressure area due to high venous flow rate (Bernoulli’s principle)
SUPINE INDIRECT PELVIC DIAPHRAGM RELEASE
SUPINE INDIRECT PELVIC DIAPHRAGM RELEASE
SUPINE INDIRECT PELVIC DIAPHRAGM RELEASE
PRONE DIRECT PELVIC DIAPHRAGM RELEASE
SUPINE DIRECT THORACOABDOMINAL DIAPHRAGM RELEASE
SUPINE PARASTERNAL RELEASE
DIRECT THORACIC INLET RELEASE
DIRECT THORACIC INLET RELEASE
DIRECT THORACIC INLET RELEASE
DIRECT THORACIC INLET RELEASE
THORACIC PUMP TECHNIQUE
Alternate Thoracic Pump Technique
Alternate Thoracic Pump Technique
PEDAL PUMP TECHNIQUE
PEDAL PUMP TECHNIQUE
Fronto Occipital
Hold to treat
Tentorium
Cerebelli
Venous Sinus Technique Step 1
The Confluence of Sinuses

- Place the two middle fingers on the external occipital protuberance and wait for a softening
Venous Sinus Technique
Step 2 Moving to the condylar parts

• Move down a finger’s width on the midline of the occiput waiting for softening.
Venous Sinus Technique Step 3
Decompression of the condylar parts

• Open jugular foramen by moving down toward the foramen magnum and the occiput is decompressed from the atlas. Wait for a softening
Venous Sinus Technique Step 4

Decompress the transverse and straight sinus
Venous Sinus Technique Step 5

Decompress the metopic suture