



The College of
Classical Massage

ITEC Diploma in Body Massage Lymphatic System

1. Give a general description of the lymphatic system and how it functions.
2. What is lymph fluid? How does it move around the body and what is its function?
3. Draw a diagram showing the position of the lymph nodes and lymphatic ducts.
4. Describe the structure and function of lymph nodes.
5. Describe the structure and function of the lymphatic ducts – include reference to which parts of the body correspond to each duct.
6. How does the lymphatic system relate to the circulatory, muscular, digestive and immune systems?
7. How does massage assist the lymphatic system?
8. How would you respond to swollen lymph nodes?
9. What are the diseases and disorders of the lymphatic system?