

Lymphedema Therapy

Self-Manual Lymphatic Drainage for the Right Lower Extremity

Self-MLD should be performed several times a week prior to your home exercise program to create new drainage pathways and should be followed by appropriate compression therapy if needed. The techniques and sequences below may vary from those demonstrated by your therapist. The techniques may be adjusted to accommodate specific requirements.

To stimulate the lymph nodes:

1. While lying flat or sitting up, place your fingertips above the collarbone as shown below. Gently make circles with the palm of your hand in towards the body. Do both sides.



2. With knees bent and feet flat, place the palm of your hand on your lower abdomen and make small “scoop” movements toward your belly button. Repeat 10 times and then repeat on the opposite side of your lower abdomen.
3. Repeat on both sides on your upper abdomen, scooping down towards your belly button.

4. Take 10 deep breaths, making sure your belly is rising with each breath in (breathe in through your nose, out through your mouth).



5. Bring one knee to your chest and then straight out 10 times. Repeat with other leg 10 times.
6. In your **right** groin, make circles using the palm of your hand upward and in towards the body (**Perform only if you have primary lymphedema, your therapist will advise you**)



7. On your **right side** in the underarm, gently make small circles upward and in towards the body using the entire palm of your hand. This stimulates the lymph nodes in preparation to receive fluid.



8. Place palm of your left hand on your right side, starting at the side of the chest, and gently stroke upward towards the right underarm.
9. Now stroke upwards from your right waist toward the right underarm.
10. Continue strokes upward from the outside of your right hip toward the right underarm.
11. Begin at the top of the right thigh with the palm of your right hand and gently and slowly stroke from the inside of the thigh to the outside of the thigh and then upward toward the waist.
12. Move to the mid-thigh and continue stroking from inside of the right thigh, toward the outside of the thigh and then upward toward the waist.
13. Slowly move down the leg in sections making sure you cover the entire surface area of the leg and moving the fluid toward the outside of the thigh and moving toward the right underarm. (You do not have to go to the underarm each time)
 - a. Start at the right knee, stroking from inside of right knee, to outside of right knee, then upward toward the waist
 - b. Repeat the same for the right calf
 - c. Repeat the same for the right ankle
14. Stroke the base of the right foot and toes with slow strokes upward to the lateral leg.
15. Repeat steps in reverse, numbers 13-8, but only perform **3 times to re-work the pathways you just opened.**

Stimulate the lymph nodes: 10 times

16. Stimulate the lymph nodes in the groin, under right arm, and in the neck (Repeat steps # 1, 6, and 7). Take 10 deep belly breaths to stimulate the abdominal lymph nodes and take a few minutes to relax.