

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Manual Lymphatic Drainage (MLD) massage – for legs

DO NOT
perform this technique
if you are sick, have an infection,
uncontrolled CHF/heart failure,
or a blood clot.

Perform 1-3 times every hour & full
protocol 4 times a day. Do each
area 10 times

1. Empty neck lymph nodes by: Moving head/neck into these actions 10 times to each side: “Yes (chin to chest), No (turn head side to side), Maybe (shoulder circles backward), I Don’t Know” (ear to shoulder).
2. 10 deep breaths: expand stomach during inhale (balloon filling with air), pull in the stomach during exhalation (balloon deflating).
3. Empty groin lymph nodes: stand or lie back with your hands on front hip crease (as if hand were in a pocket). Pull skin away from groin, stretching the skin up and out to the side.
Repeat 30 times instead of 10



10 of each:

4. Stroke thighs from just below Knee up to front of hip crease on all sides of leg: inside, front, and outside.



5. Pump to empty lymph nodes at back of knees, pulling skin up toward body.



Stop here for posterior hip replacement

6. Stroke all sides of the lower leg.
7. Roll tennis ball onto areas of hardness.



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