

MANUAL LYMPH DRAINAGE *Lorraine Lovejoy-Evans, MPT, DPT*

NECK/FACE SWELLING

Perform at least 4 times a day-every time you use the bathroom
Whenever you soap, dry off with towel, or lotion skin-do so in this pattern

Use only enough pressure to wrinkle the skin.

Perform often enough to keep any symptoms under control

DO NOT perform this massage if you have any of the following:

Infection that requires antibiotics
Seek medical attention immediately if you develop localized redness, warmth, swelling, and pain associated with fever, headache, or chills - may be indicative of bacterial infection requiring antibiotics.
Difficulty breathing
Blood clot
Pneumonia
Cold or flu
If you are sick in anyway surviving the acute medical situation becomes far more important than managing the swelling.
When the acute episode is resolved and your doctor feels it is safe to resume this massage just watch for any signs of problems.

The order of this self massage is very critical.

Imagine a traffic jam at the top of a water slide. You will not be able to move forward until the blocking offense (a kid too scared to go down the slide) moves and the steps clear to accept more people waiting to get their turn on the waterslide.

Once those waiting at the front are able to move through the line will continue emptying from the front until finally the path in front of you opens up and you are allowed to move forward. If you keep pushing it will not help. However, once the scared person either gets on the slide or goes back down the stairs the next in line will go down the slide and eventually everyone will make it through.

In the body, the fluid behind the collar bone in the neck has to move into the heart, and then the belly clears, then the trunk and finally the limbs. If you do the massage in the order listed you should pay attention and see if any symptoms improve along the way after doing 10 of each of the steps listed in the order they are listed.

1. Start with hand resting on top of the shoulder fingertips touching top of shoulder blade. Keep hand and fingers tight onto skin and gently pull forward until fingertips reach notch at front of throat. Repeat 10 X to both sides of the neck



2. Start with hand resting on side of neck just under ear with fingertips touching back of neck. Keep hand and fingers tight onto skin and gently pull downward until fingertips reach collarbone then pull to notch at front of throat. Repeat 10 X to both sides of the neck



3. Now that the fluid from the neck is moving into the heart the fluid from the stomach can move up into the tubes in the neck and get in line to dive into the heart. This is done with stomach exercises combined with deep breathing.

Inhale deeply through your nose allowing the air to penetrate all the way to your toes. Your belly should expand like a balloon being blown up with air

Exhale through your mouth forcing all the air out. Push the extra air out using your belly muscles to pull in tight squeezing in as if pushing on a bellows.

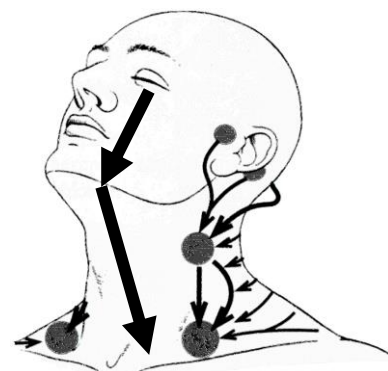
If you become lightheaded, breathe normally for a few breaths. If needed, deep breathe separately from the stomach squeezes-pulling belly button in toward spine.

Repeat 10 X

4. Now that the drain at the base of the neck is open and fluid from there is moving into the heart, you can move the fluid building up in the face down to the collar bone drain area.

Start with you hand horizontally fingertips just in front of ear, thumb just below the eye, heel of hand just below the nose-keep as much of your hand and fingers in contact with your skin and gently pull all the way down to the collar bone drain. Follow the contours of the face.

Repeat this 10 times on each side of the face.



5. Next put hand flat with thumb under nose and follow contours of the face and chin, pulling gently all the way down the front of the neck/throat to the notch at the front of the breast bone. Repeat 10 times.



6. Finally use a tennis ball GENTLY on any areas of hardness/thickness in the skin. Use only as much pressure as needed to soften this area. Continue rolling the ball until it is soft, especially first thing in the morning. Then follow up with a few of the strokes to move the fluid back down to the drain at the collar bones. Assess the thickening and do the massage as often as needed to keep it soft all day.