

LYMPHATIC DRAINAGE MASSAGE FOR KNEE PAIN

Perform 4 times daily against skin in order starting with #1.

Cover the skin with as much of your hand as possible.

Use only enough pressure to wrinkle skin.
(OK to perform on left or right side or both)

DO NOT perform this technique and seek medical help if you have any of the following:

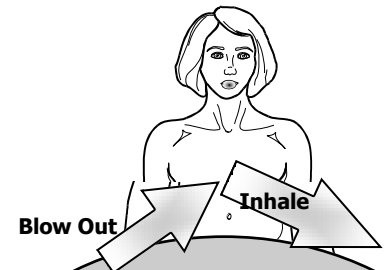
- Infection that requires antibiotics
- Seek medical attention immediately if you develop localized redness, warmth, swelling, and pain associated with fever, headache, or chills - may be indicative of bacterial infection requiring antibiotics.
- Difficulty breathing
- Blood clot
- Pneumonia
- Cold or flu

NECK exercises are important to “open the drain” by stimulating the end point of the lymphatic system behind the collar bone where it rejoins the veins to dump into the heart

1

Before massage, move the head and neck gently 10 times into each of these directions. Do not push into range of discomfort:

- **“YES”**: Bring chin toward chest
- **“NO”**: Turn chin toward each shoulder
- **“MAYBE”**: Shoulder circles backward
- **“I Don’t KNOW”**: Tilt ear toward shoulder



2

Inhale deeply through nose, then blow air out as if blowing out 50 birthday candles. Belly should fill while breathing in and flatten with stomach muscles tightening as air is blown out. (Like a bellows) Blowing out should last twice as long as breathing in. This will clear lymphatic fluid out of belly to make a path for leg fluid to move to the neck and then the heart.

10x

3

Standing or lying down
Left hand with middle finger at the underwear line of left hip—fingertips toward groin (as if hand were in a pocket). Do not let go of skin; stretch skin away from groin; hold briefly; release stretch and allow skin to pull your hand back to starting position. 10x.

Stretch skin away from groin



***Perform this massage routine every time you use the restroom.**

The remainder of these massage strokes can be done in sitting.



④

- Start just below the front of knee
- Stroke up front of thigh to front of the hip/groin
- (Head for area pictured in #3)
- Keep hand off skin while moving back to knee to start again
- Repeat 10x



⑤

- Start just below the inside of knee
- Stroke up inside of thigh to front of the hip/groin
- (Head for area pictured in #3)
- Keep hand off skin while moving back to knee to start again
- Repeat 10x





⑥

- Start just below the outside of knee
- Stroke up side of thigh to front of the hip/groin
- (Head for area pictured in #3)
- Keep hand off skin while moving back to knee to start again
- Repeat 10x



⑦

- Start just below the back of knee
- Stroke up back of thigh to front of the hip/groin
- (Head for area pictured in #3)
- Keep hand off skin while moving back to knee to start again
- Repeat 10x



8

- With both hands on back of knee-middle fingers at the crease
- Hold onto the skin tight enough so your hand does not slide
- Pull skin toward the elbow
- Hold skin in this stretch briefly
- Release pressure
- Let hand slide back toward groin
- Repeat 10x

STOP HERE if you have had a hip replacement)



9

- Hand on top of the foot
- Stroke up on all sides of the lower leg
- Stop just above the knee
- Repeat 10x

(Perform #9 only 1 time first thing in the morning before putting on compression socks. Do not perform this over the compression sock the remainder of the day.)