

MANUAL LYMPH DRAINAGE FOR LOWER BODY SWELLING: BOTH LEGS

THE PHOTOS AND TEXT DEMONSTRATE LEFT SIDE ONLY BUT PERFORM TO BOTH SIDES

Every time you use the bathroom, use soap in the shower, dry off with towel, or lotion the skin-do so in this pattern. Use only enough pressure to wrinkle the skin.

Avoid any implants such as a Port-stay 1 hand breadth away.

Perform often enough to keep any symptoms such as discomfort or burning controlled. Use this full protocol at least 1 time in the morning and #1-6 at least three more times.

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 any way, 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.

1-2. NECK exercises to stimulate the end point of lymphatic system behind the collar bone where it rejoins the veins to dump into the heart. Perform each of these movements 10 times:

"YES": Bring chin toward chest

"NO": Turn chin toward each shoulders

"MAYBE": Shoulder circles backward

"I Don't KNOW": Tilt ear toward shoulder

3. DEEP BREATHING: 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. Since the lymphatic in the lower body are not working well enough to allow fluid to drain back to the heart an alternative route will have to be created. This can be done by clearing the fluid out of the armpits encouraging fluid to move up the side of the trunk. Imagine too many kids wanting to get onto the water slide--this would be similar to going to another city close by and getting that water park open and ready to bus more kids in. Perform to the right side as well.

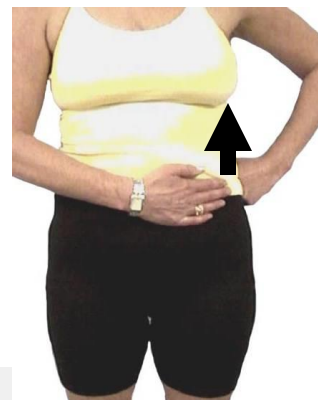
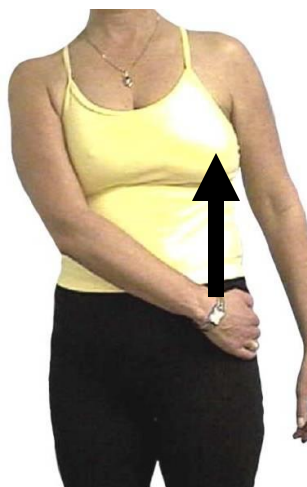
Put as much of your hand into the armpit as you can. Hold on tight to the skin and gently lift the skin toward the chin. Let go and it will pull your hand back into the armpit. Repeat this 10 x to each armpit.



5. Now that the fluid in the armpit nodes has been cleared out-the nodes are ready for more fluid to move into them and then get sucked into the system. Then the fluid can continue along the waterslide up to the neck and eventually to the heart. Help the fluid find its way to the armpit by starting with your hand in the groin and pull gently stretching the skin all the way up to the armpit.

This can be done in standing or sitting. Repeat 10X covering the front side and again 10X as far around the side as far back you can reach. Perform to the right side as well.

***If you have had lymph nodes removed from armpits do not perform #5.



6. Since the fluid of the leg has to come through the front of the groin and waking up the lymph nodes that are present is always a good idea-next performing this massage at the front of the groin. When showering using soap and drying off this is a good opportunity to perform this massage.

Put your hand at the front of your groin (as if hand were in a pocket) pull skin away from groin stretching the skin of the groin up and out to side. Perform to the right side as well. Repeat 10 x each side.

*OK to do both at the same time



7. Start with your hand at the inside of the knee. Best to use same hand on same knee to prevent spine rotation. Keep enough pressure on the skin of the leg to create a wrinkle in the skin while gently dragging the hand up to the groin and pull the skin toward the front of the groin.

Keep hand off skin while moving back to inside of knee to start again

Repeat 10 x to each leg.



8. Start just below the front of the knee and stroke up front of thigh to front of the hip/groin wrinkling the skin.

Keep hand off skin while moving back to front of knee to start again

Repeat 10 x to each leg.



9. Start just below the outside of the knee and stroke up to the side of the hip heading toward the armpit wrinkling the skin AND then turn the corner and end in the groin.

Keep hand off skin while moving back to side of knee to start again.

Repeat 10 x to each leg.



10. Start just below the back of the knee and stroke up to the top of the thigh and carry wrinkle to the front of the groin. This can be done in sitting even though the photos shows standing. OK to do both legs at the same time with one hand on the outside/back of the leg and then repeat to the back inside.

Keep hand off skin while moving back to back side of knee to start again.

Repeat 10 x to each leg.



11. Put both hands together on the back of the knee with middle fingers lining up at the crease on the knee.

Hold onto the skin of the back of the knee and lift this skin up toward the groin. Hold the stretch briefly and let go-allowing the skin to pull the hands back to starting position.

Repeat 10 x to each leg.



12. Hold onto the skin of the foot keeping your fingers flat on the skin of the lower leg as you lift this skin up to the knee-wrinkling the skin. Remove hands as you move back to starting position on the foot.

Repeat 10 x to each leg.



13. For any areas that are thickened or hard-gently roll a tennis ball around this area until it softens 30 seconds to 3 minutes in each area. Ideally the more often you do the massage the less you will need the tennis ball.

Repeat to Right leg if needed-OK to do massage to both legs at the same time.