

DO NOT

**perform
this technique
if you are sick, have an
infection, uncontrolled
CHF/heart failure, or
blood clot**

Manual Lymphatic Drainage MLD massage for Legs Perform 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, No, Maybe (shoulder circles backward), I Don’t Know” (ear to shoulder).
2. 10 deep breaths-expand stomach during inhale, pull in stomach during exhale.
3. Empty groin lymph nodes: stand Or lie on back with hand at front of hip crease (as if hand were in a pocket) and pull skin away from groin stretching the skin up and out to side. 30X
10 of each:
4. Stroke thighs from just below Knee up to front of hip crease on all Sides of leg: front, inside, and outside.
5. Pump to empty lymph nodes at back of knees pulling skin up.
- *Stop here for hip replacement
6. Stroke all sides of lower leg.
7. Roll Tennis ball to areas of Hardness

