

**DO NOT**  
**perform**  
**this technique**  
**if you are sick**

## ***Abbreviated MLD for Arms***

***Perform 4 times a day***

***Each time you use the Bathroom***

***Perform on side needed***

- 1.** Move head/neck into these actions 10 times each: "Yes, No, Maybe, I Don't Know".
- 2.** 10 deep breaths-pull in stomach during exhale.
- 3.** Stand with your left hand at the front of your left groin (as if hand were in a pocket) pull skin away from groin stretching the skin up and out to side. Repeat 10 times.
- 4.** Sit down (on toilet) and put left hand on head or hip. Put right hand at inside of left elbow and stretch skin bringing right hand through the left armpit, and down front of chest to the front of the left groin. Repeat 10 times. Start at outside of left elbow stretch skin down side as far around back as able down to front of groin. Repeat 10 times.
- 5.** Repeat # 3-4 on the right if needed

