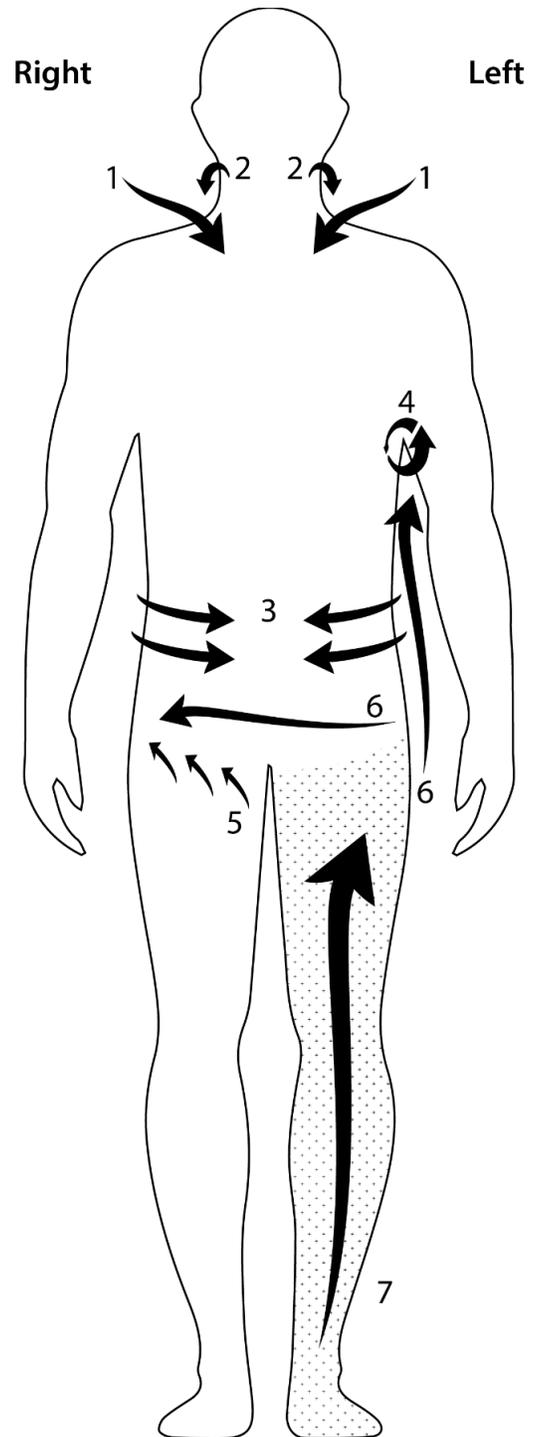


Manual Lymphatic Drainage For the Left Leg

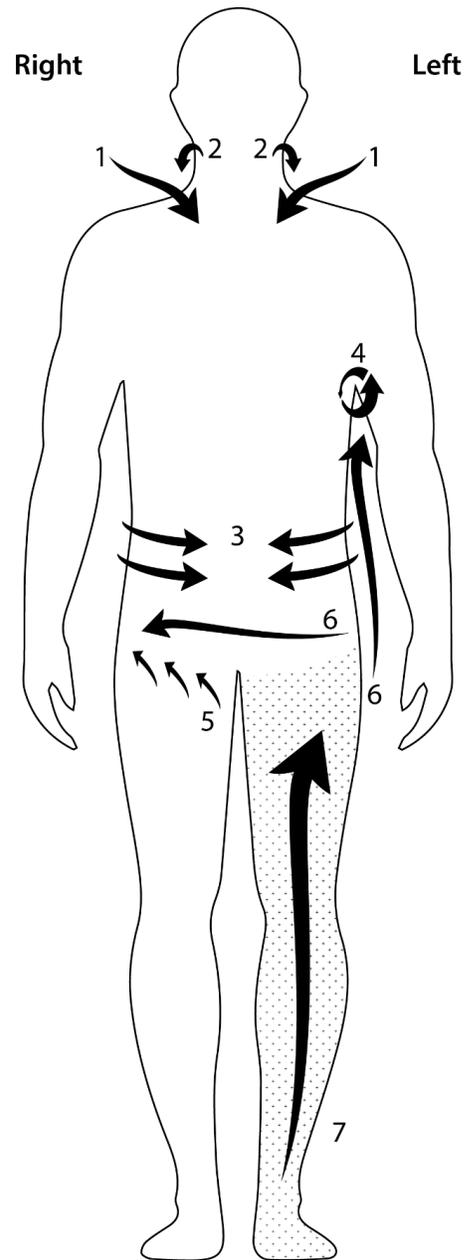
- 1. Collarbone-** Push in at the hollow above the collarbone in the triangular spongy space, then release. Your hand will stay in one spot, repeat 5 times.
- 2. Neck-** Place hands under jaw on neck, gently pull the skin on the neck towards your back, then down towards shoulder, repeat 5 times.
- 3. Deep Breathing-** Breathe in through your nose to make your stomach rise. Breathe out through your mouth. Do not hold your breath. Complete as taught by therapist.
- 4. Left axillary lymph nodes (if applicable)-** Place right hand in the right armpit against the ribcage, slowly and gently stretch the skin toward the back and then up towards the armpit (stationary circles), repeat 5 times.
- 5. Right inguinal lymph nodes-** Right leg only, place hands just below hip crease, gently pull skin in and then up (stationary circles), repeat 5 times.



6. Sweeping- Lightly “sweep” from left inguinal lymph nodes to left axillary lymph nodes (from top of left thigh to left armpit). Then lightly “sweep” from left inguinal lymph nodes to right inguinal lymph nodes (this will be across the lower abdomen (stomach)).

7. Leg- Start at upper thigh, break sequence down into 3 sections. Use hand to “pump” up each section 5-10 times. Once completed, move down one section, and pump all the way up to upper thigh 5-10 times Repeat going all the way down the leg, including knee and top of foot.

8. Repeat all steps in reverse order.



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