

# Manual Lymphatic Drainage Left Breast and Arm

**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

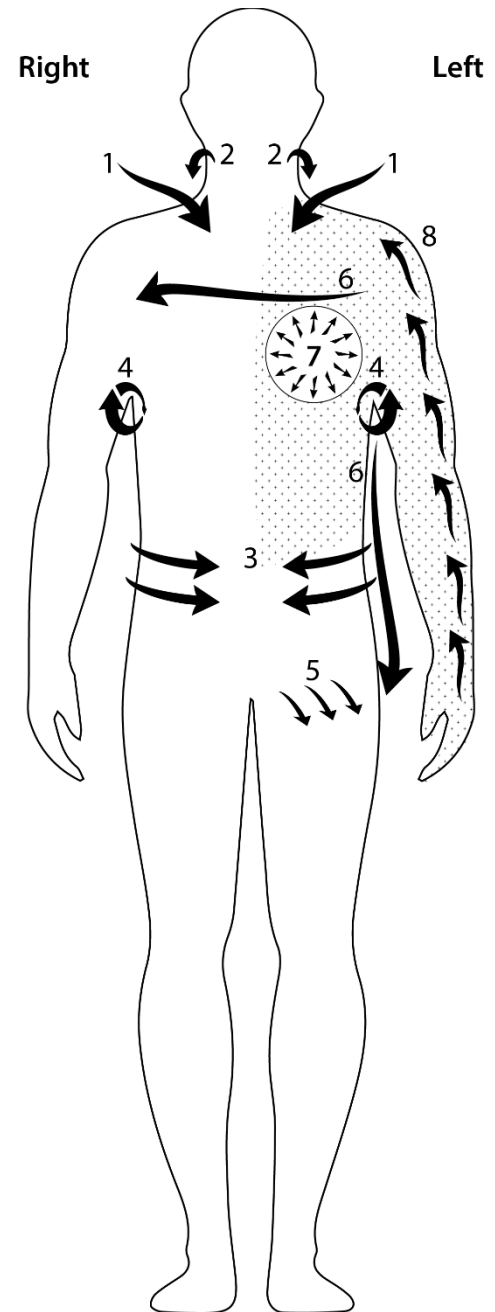
**3. Deep breathing-** Breathe in through your nose to make your stomach rise. Breathe out through your mouth. Do not hold your breath. Complete as taught by therapist.

**4. Right axillary lymph nodes  
(and left axillary lymph nodes if  
applicable)-**

Place hand in the right armpit against the ribcage, slowly gently stretch the skin toward the back and then up towards the armpit (stationary circles), repeat 5 times. Complete on the left side if directed by therapist.

**5. Left inguinal lymph nodes –**

Place hands just below hip crease, gently pull skin in and then up (stationary circles), repeat 5 times.



## 6. Sweeping –

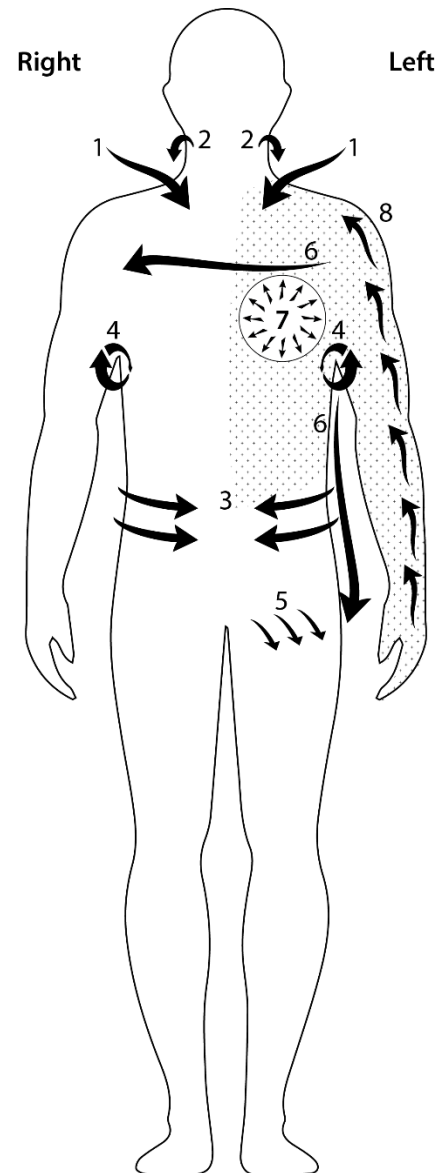
Lightly “sweep” from left axillary lymph nodes to left inguinal lymph nodes (from left armpit to the left top of thigh). Then lightly “sweep” across the chest from left axillary lymph nodes to right axillary lymph nodes (from left armpit to right arm pit). Repeat both actions 5 times.

## 7. Breast massage –

- With a light touch, do small circles starting at top of breast going in a spiral motion always gently pulling outward until you hit the nipple. 2-3 times.
- Pull from the nipple out towards your chest in short light strokes. 2-3 times Complete this in a “clock” pattern all the way around the breast.

## 8. Arm –

Complete in sections, starting closest to the shoulder, pump up towards shoulder cap 5 times, then go down one hand width and pump all the way up. Repeat for each section, including the hand.



## 9. Repeat all steps in reverse order.

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