

Manual Lymphatic Drainage Right 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

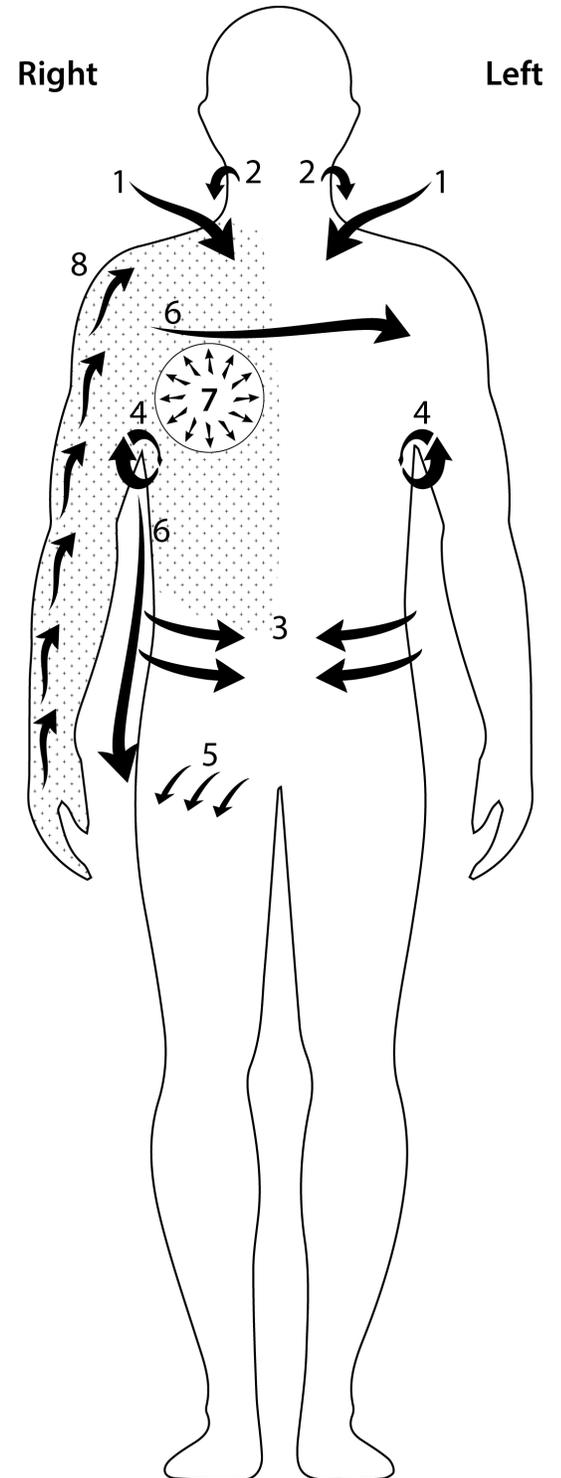
Place hands under the jaw on the neck, gently pull the skin on the neck towards your back, then down towards shoulder, repeat 5 times.

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 (and right axillary lymph nodes if applicable)

Place hand in the left 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 right side if directed by therapist.



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

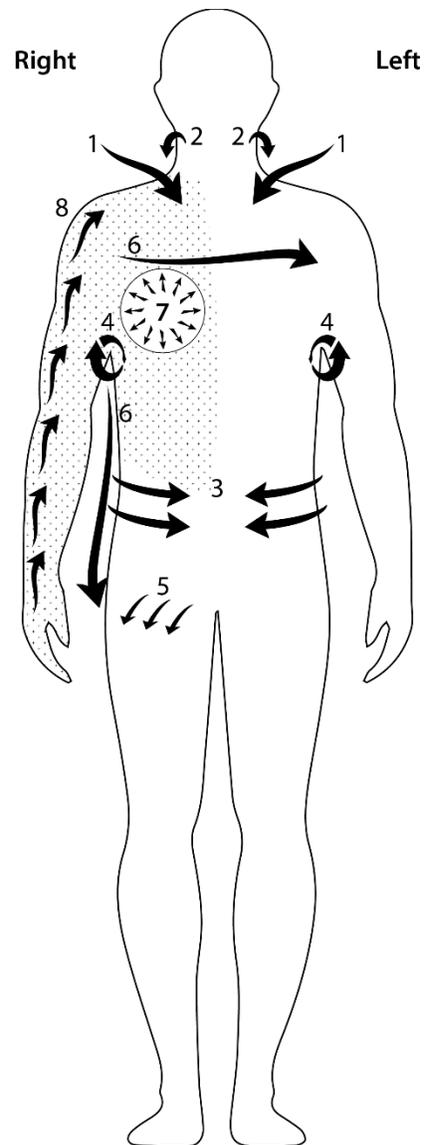
7. Breast massage

- 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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