

## Head and Neck Lymphedema: Home Treatment Abbreviated Routine

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Perform the exercises below to help you manage your lymphedema.

**Remember: Manual lymphatic drainage (MLD) is a very light circular massage. Stretch the skin but do not press hard.**

1. Deep breathing: Push stomach out when inhaling, squeeze stomach tight when you exhale. Do this 7 times.
2. Collarbones: Start behind (above) the collarbones and pull down & out to armpit. Do this 7 times.
3. Back of neck: pull toward ears. Do this 20-30 times
4. Side of neck: push back toward ears. Do this 20-30 times
5. Front of neck: push back toward ears. Do this 20-30 times
6. Side of face: push back toward ears. Do this 20-30 times
7. Front of face: push back toward ears. Do this 20-30 times
8. Tongue: finger on the tongue. Press down and out. Do this 20-30 times.
9. Cheek: finger inside cheek, hand supporting outside. Push back. Do this 20-30 times

Do these exercises in order then reverse the sequence: 9,8,7,6,5,4,3,2,1

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Author: Brad Smith, MS, CCC-SLP, CLT  
Adapted from MD Anderson Cancer Center 2009  
Reviewers: Amber Richardson, OTR/L, CLT

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