# Manual Lymphatic Drainage For Both Arms

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 and right inguinal lymph nodes** – Place hands just below hip crease, gently pull skin in and then up (stationary circles), repeat 5 times.

5. **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" from right axillary lymph nodes to right inguinal lymph nodes (from right armpit to the right top of thigh). Repeat both actions 5 times.
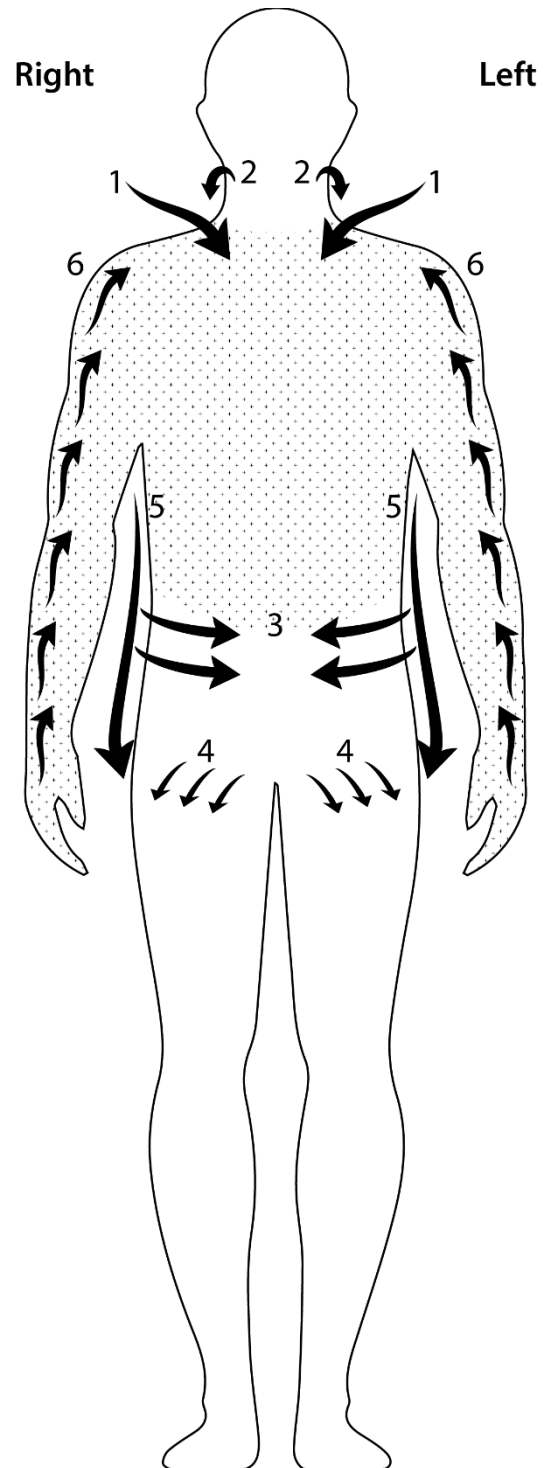
6. **Arms** –

   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. Complete on both arms.

7. **Repeat all steps in reverse order.**