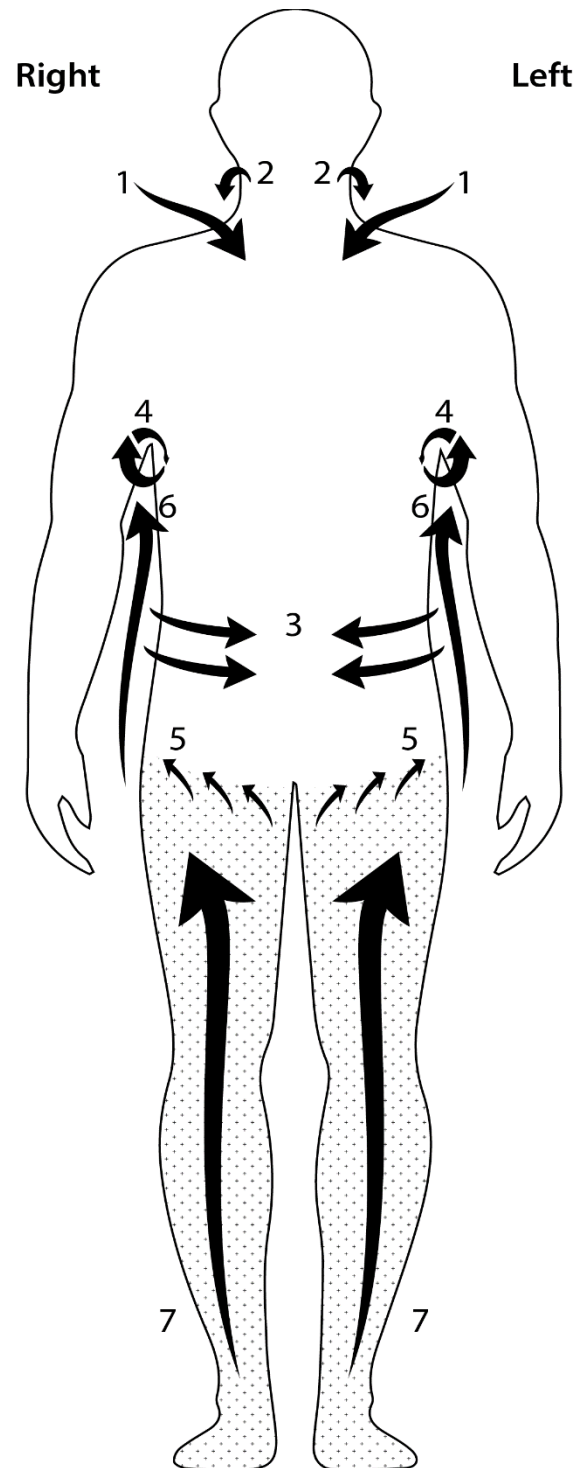


Manual Lymphatic Drainage For Both Legs

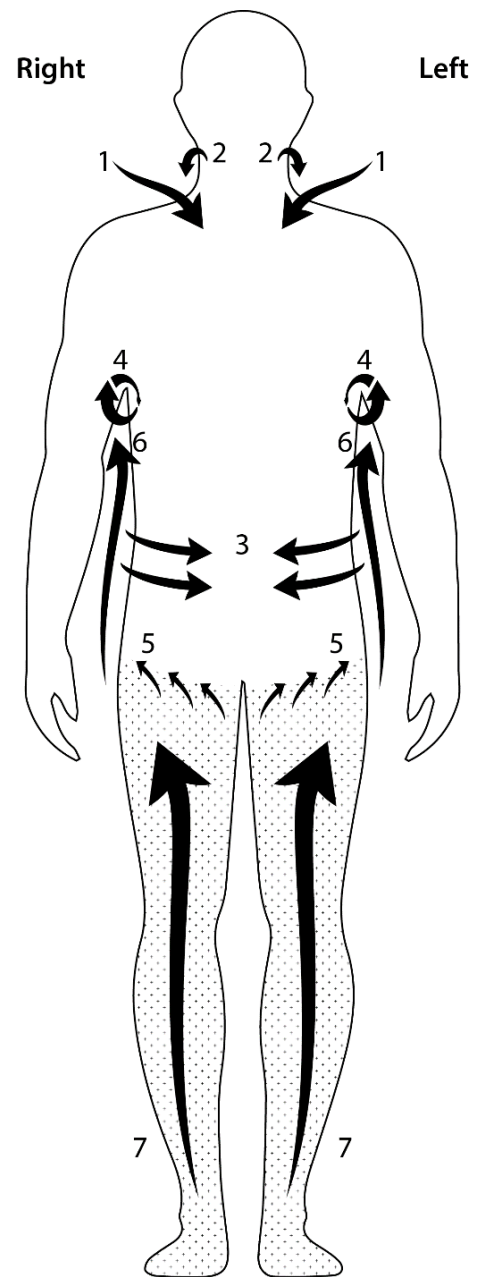
1. **Collarbone-** Push in at the hollow above the collarbone in the triangular spongy space, then release. Your hand will stay in one spot, repeat 5 times.
2. **Neck-** Place hands under the jaw on the neck. Gently pull the skin on the neck towards your back, then down towards shoulder, repeat 5 times.
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. **Right and left axillary lymph nodes-** Place hands in the opposite 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. **Left and right inguinal lymph nodes-** On both legs, place hands just below hip crease, gently pull skin to the side and then up (stationary circles), repeat 5 times.



6. **Sweeping-** Lightly “sweep” from right inguinal lymph nodes to right axillary lymph nodes (from top of right thigh to right armpit). Then light “sweeps” from left inguinal lymph nodes to left axillary lymph nodes (from top of left thigh to left armpit).

7. **Leg-** Start at upper thigh, break 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. Complete for both legs.

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



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