

Manual Lymphatic Drainage Abbreviated – Anterior Approach

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 the stomach out when inhaling, then squeeze the 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 20-30 times
4. Side of neck: Push back toward ears 20-30 times
5. Front of neck: Push back toward ears 20-30 times
6. Side of face: Push back toward ears 20-30 times
7. Front of face: Push back toward ears 20-30 times

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

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