

Manual Lymph Drainage and Exercises for Genital Lymphedema

Movement and exercise will help to stimulate lymph drainage. This combination of exercise and massage will generally improve the lymphatic drainage from your lower body. Use a very soft touch when performing the exercises below for manual lymph drainage (MLD). Your skin should not look red or pink when finished.

Instructions:

Exercise 1

- a) Lie with your knees bent and feet on the bed. Place both hands on your stomach just below your ribcage.
- b) Breathe in as deeply as you can through your nose so that the air pushes your stomach up under your hands.
- c) Breathe out through your mouth, pulling your stomach muscles in at the same time to squeeze all the air out. Repeat 5 times.

Exercise 2

- a) Place one arm above your head, place your other hand just below your armpit.
- b) Gently and slowly move the skin around in as big of a circle as possible with your hand. After approximately 1 minute, repeat under the other arm for approximately 1 minute.

Exercise 3

- a) Using both hands, stroke gently and slowly away from your groin on both sides up towards your armpits.
- b) Then, stroke from the center - just above the genital area up and out towards your armpits. You can do both sides at one time or separately.

When massaging, make sure your hands are relaxed and the whole hand is in contact with the skin.

Exercise 4

Place your hands on your groin and slowly move the skin around in as big of a circle as you can for approximately 1 minute.

Exercise 5

With your knees bent, squeeze your buttocks and hold for 3-5 seconds. Repeat 5 times.

Exercise 6

- a) Bend your knee up towards your chest.
- b) Clasp your hands around your thigh and gently pull your knee towards your chest. Hold for 2 seconds; then release pressure by straightening elbows. Repeat slowly 4 times. Complete exercise with opposite leg.

Exercise 7

Pump each foot up and down at the ankle, slowly and deliberately. Repeat 20 times each foot.

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