

Self Manual Lymph Drainage for Your Right Breast

This routine will help you move the swelling out of your right breast.

- Do these motions lying down or reclining in a chair.
- Do these each day before you apply your compression garment.
- Use a flat hand doing light strokes while stretching the skin to move the lymph fluid.
- Do _____ strokes in each area every day.
- Do more of these movements in areas of extra swelling (edema).

1. Deep Breathing (Clear Abdomen)



- Put your hand on your abdomen.
- Breathe in (inhale) through your nose, letting your stomach expand while you apply gentle resistance.
- Breathe out (exhale) through your mouth with pursed lips, as your stomach flattens.
- Take 4 slow deep breaths.

(over)

2. Clear Neck



A



B



C



D



E

- Cross your hands. Do circles at the base of your neck, above your collarbone. (A)
- Make circles under your ear lobes. (B)

- Make circles midway between your ear and collarbone. (C)
- Look over each shoulder both ways. (D and E)

3. Shoulder Roll



- Slowly roll your shoulders backward.
- Squeeze your shoulder blades, making a circle, without moving your neck.
- After doing a set backward, reverse and roll your shoulders forward.

4. Clear Left Armpit



- Make circles in your left armpit.

5. Clear Right Armpit



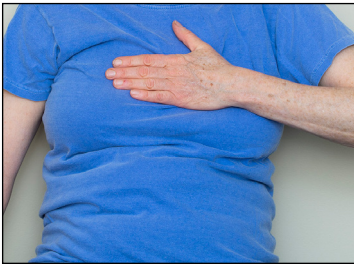
- Make circles in your right armpit.

6. Clear Right Groin

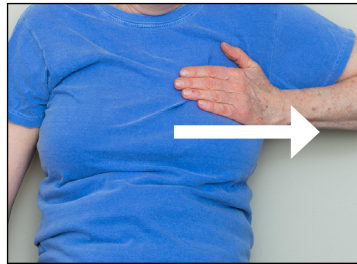


- Make circles in your right groin.

7. Clear Chest



A



B



C

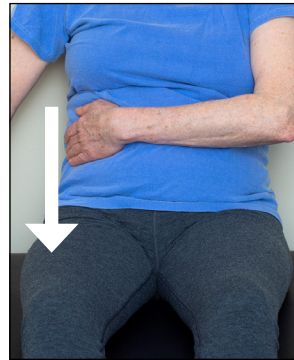
- Stroke across your chest from the middle of your body to your left armpit. (A and B)



D

- Stroke across your chest from your right armpit to your left armpit. (C and D)

8. Clear Right Trunk



A



B

- Stroke from your waist to your groin. (A)
- Make a full stroke on your right trunk from your armpit to your groin. (B)

9. Clear Breast, Down to Groin



A



B

- Stroke from the middle of the breast, over to the right armpit. (A)
- Stroke from under the breast to the right side and down to the groin. (B)

10. Deep Breathing



- End the routine with 4 deep breaths.