

Self Manual Lymph Drainage for Your Right Leg

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

- Do these motions lying down or reclining in a chair.
- Do these each day before you apply your short stretch compression bandages or compression stocking.
- 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. Clear Neck



A



B



C



D

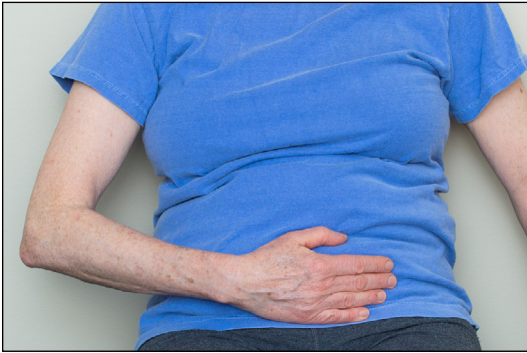


E

- Make circles above your collarbone. If instructed by your therapist, do both sides at the same time crossing your hands. (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)

(over)

2. Clear Abdomen



- Place 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 5 slow deep breaths.

3. Clear Right Armpit



- Make circles in your right armpit.

4. Clear Left Groin

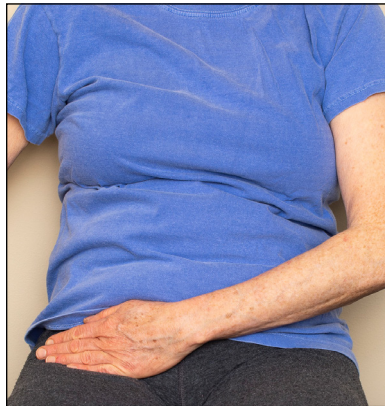


- Make circles in your left groin.

5. Clear Right Groin



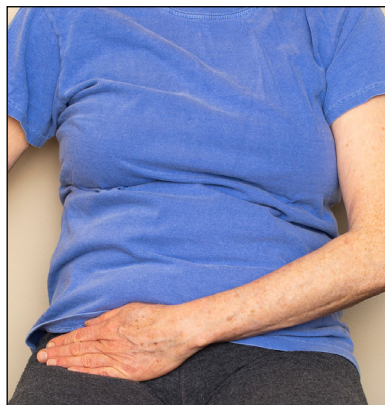
A



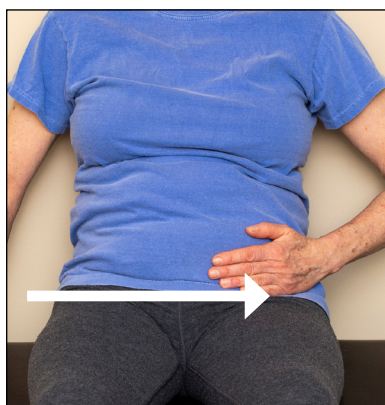
B



C



D



E

- Stroke from your waist to your right armpit. (A)
- Stroke from your right groin to your right armpit. (B and C)
- Stroke from your right groin to your left groin. (D and E)

6. Clear Right Leg



A



B



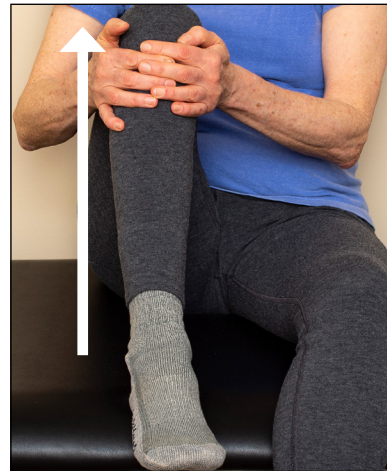
C



D



E



F



G



H

- Stroke from your knee to your outer hip (front and back). (A to C)
- Make circles behind your knee. (D)
- Stroke from your ankle to your knee (front and back). (E to H)

7. Clear Right Ankle and Foot



A



B



C

- Make circles over each ankle bone. (A)
- Stroke over the top of your foot from the base of your toes to your ankle. (B)
- Stroke each toe from the nail bed to the base of your toe. (C)

8. Full Leg Stroke



- Follow the strokes from your foot back up to your right groin.

9. Deep Breathing



- End the routine with several deep breaths.