

# Self Manual Lymph Drainage for Your Left Breast

This routine will help you move the swelling out of your left 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).

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## 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.

## 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 Right Armpit



- Make circles in your right armpit.

## 5. Clear Left Armpit



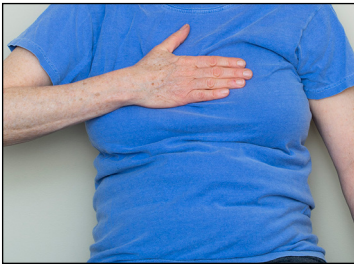
- Make circles in your left armpit.

## 6. Clear Left Groin

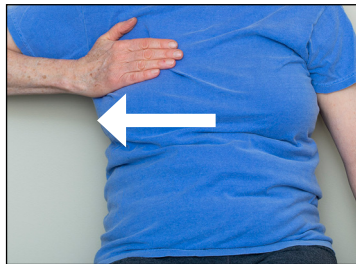


- Make circles in your left groin.

## 7. Clear Chest



**A**

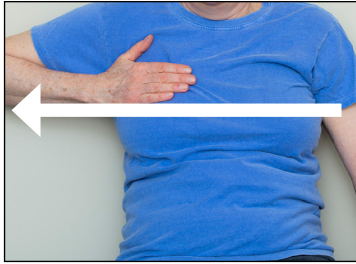


**B**



**C**

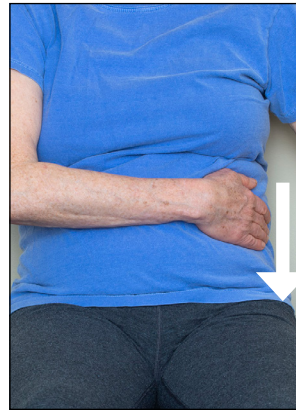
- Stroke from the middle of your chest to your right armpit. (A and B)



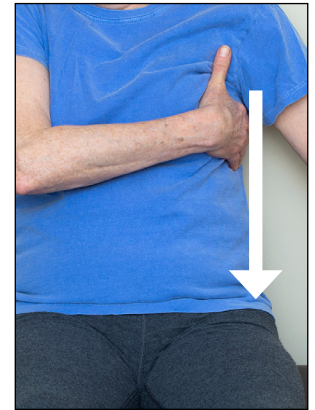
**D**

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

## 8. Clear Left Trunk



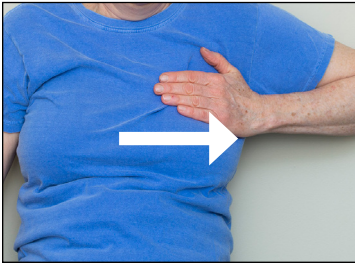
**A**



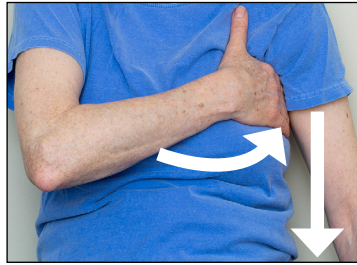
**B**

- Stroke from your waist to your groin. (A)
- Make a full stroke on your left 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 left armpit. (A)
- Stroke from under the breast to the left side and down to the groin. (B)

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## 10. Deep Breathing



- End the routine with 4 deep breaths.