

Self-Massage Techniques for Lower Extremity Lymphedema

Remember:
Only use
enough pressure
to move your
skin!

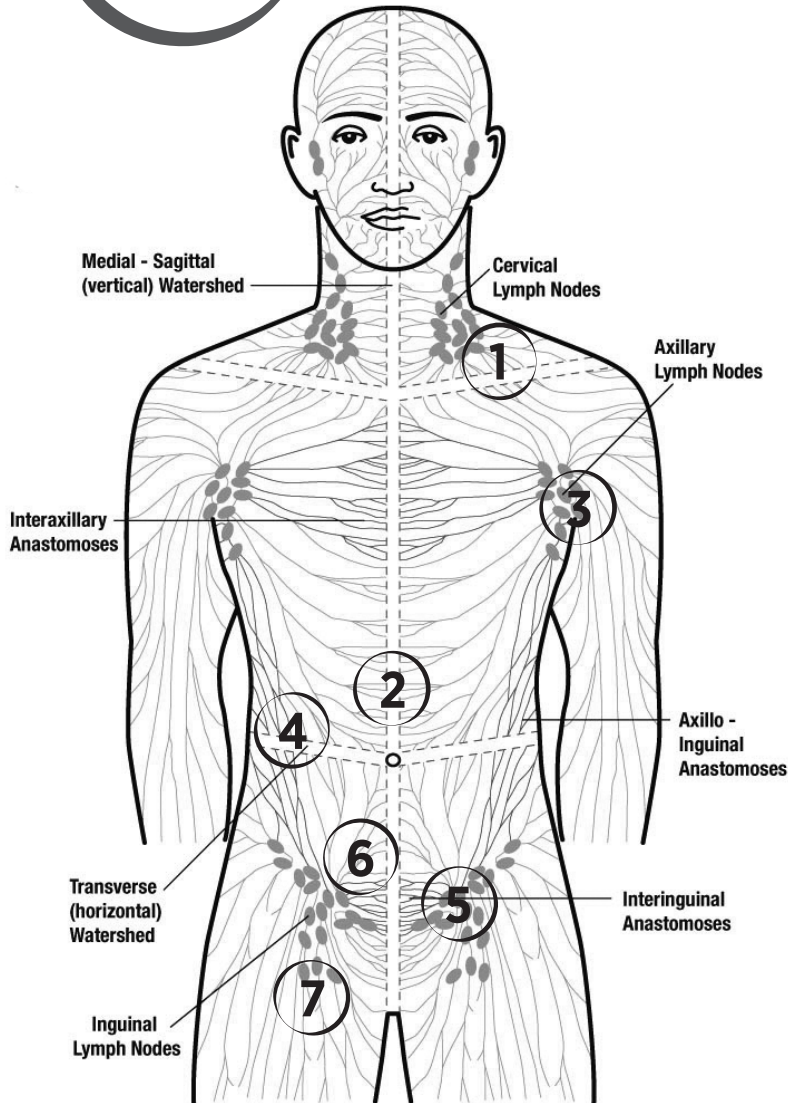


Illustration courtesy of StepUp-SpeakOut Inc.

1 Collar Bone

Place flats of fingers just above the collarbone, but not on the neck. Massage in a circular motion, pulling the skin down and inward toward the breastbone. Repeat times on both sides.

2 Diaphragmatic Breathing

Place both hands on your belly. As you breathe in through your nose, watch your hands rise. As you breathe out through your mouth, watch your hands fall and exert a mild pressure into the abdominal area. Repeat times.

3 Armpit Lymph Nodes

Place your
 Right hand in your left armpit
 Left hand in your right armpit
and pull the skin gently toward your body. Repeat times.

4 Groin to Armpit

Start your massage just below your
 Right armpit
 Left armpit
and move the skin toward that armpit times. Then, move your hand down your side approximately one hand length and massage toward your armpit again. Continue to move your hand placement down your side until you reach your groin.

5 Groin Lymph Nodes

Place your hand over the inguinal (groin) lymph nodes on your
 Right side
 Left side
and pull your skin gently toward your underwear crease. Repeat times.

6 Groin to Groin

Place your hand above the pubic bone and move your skin times from
 the right to the left lymph nodes
 the left to the right lymph nodes

Please skip this step if you have swelling in both legs!

7 Upper Leg Drainage

Place your hand high on the inner thigh of the affected leg(s) and massage from the inside to the outside toward your outer hip(s). Repeat this motion starting progressively down the thigh.