Self-Massage Techniques for Lower Extremity Lymphedema

Remember: Only use enough pressure to move your skin!

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.