

Manual Lymph Drainage for the Left Upper Body

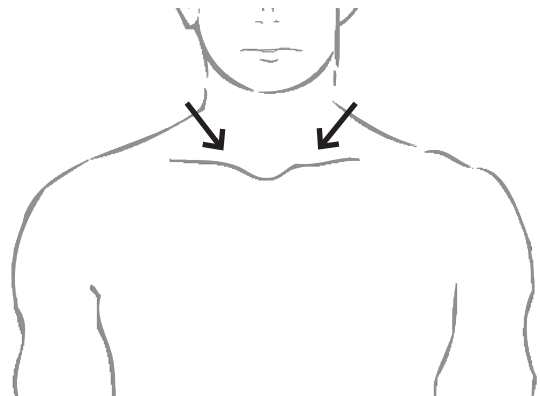
The goal is to improve your lymph flow. When you lightly stretch the skin, you move the lymph fluid through the vessels under the skin.

- Stroke with a slow rhythm.
- Strokes should be light.
- The skin should **not** turn red after working on the area.
- These exercises will take about 20 minutes. Do them 1 time each day unless your therapist tells you otherwise.

1. Neck

Cross your hands and place them two finger-widths above the collarbone. Pull down and inward and release. This will activate the neck lymph nodes.

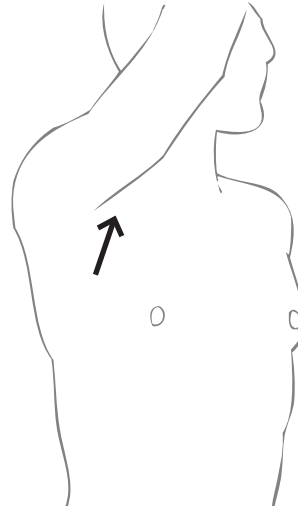
Repeat 30 times.



2. Right armpit

Place flat, relaxed fingers over the area where you apply deodorant. Push upwards and release. This will activate the lymph nodes in the right armpit.

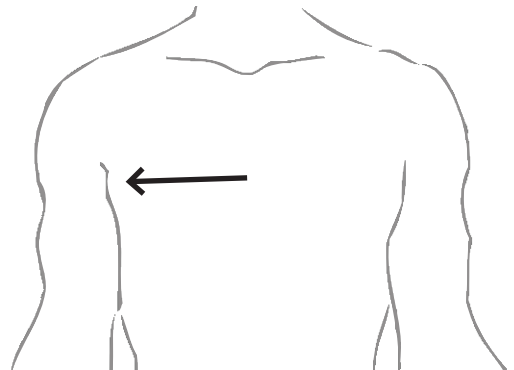
Repeat 30 times.



3. Left to right across the chest

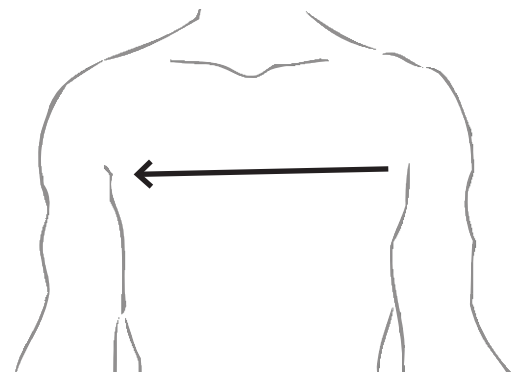
- A) Stroke the chest wall from the center of the body to the **right armpit**. This draws fluid away from the left side of the chest.

Repeat 10 times.



- B) Draw a line from one armpit to the other.
Use a flat, relaxed hand. Stroke from the left side to the right side, ending the stroke in the right armpit.

Repeat 15 times.



4. Deep breathing

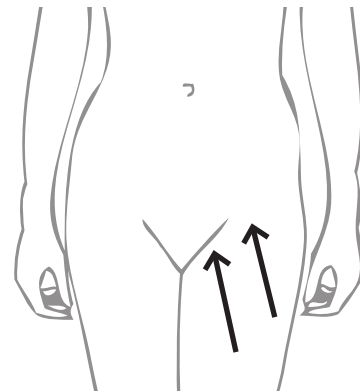
Inhale and apply a gentle pressure inward at the belly button as you exhale.

Repeat 3 to 5 times.

5. Left groin

Lymph nodes are found at the top of your leg where it bends. This is usually at the bottom underwear line. Use a flat, relaxed hand. Start at the top of your thigh and press upward toward your belly button. Stop at the groin.

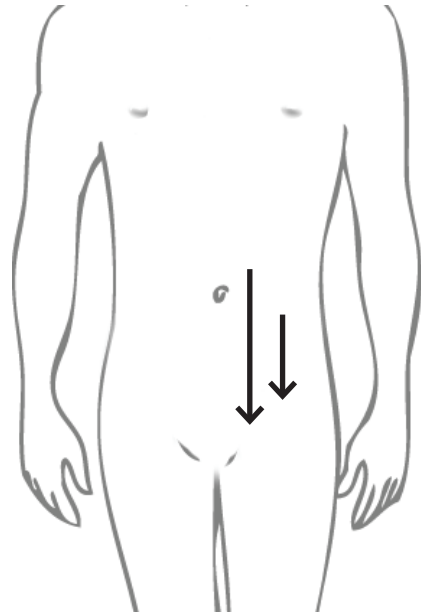
Repeat 30 times.



6. Left armpit to groin

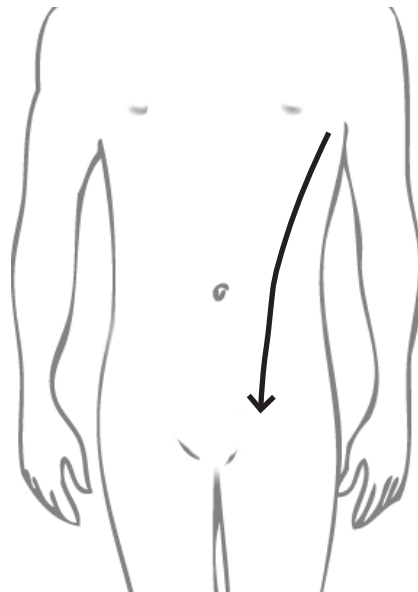
- A) Stroke the area below the rib cage toward the left groin. This moves the fluid away from the left chest wall.

Repeat 10 times.



- B) Draw a line from the left armpit to the left groin. Using a flat, relaxed hand, push the fluid from the armpit toward the left groin. Stop at the groin.

Repeat 15 times.

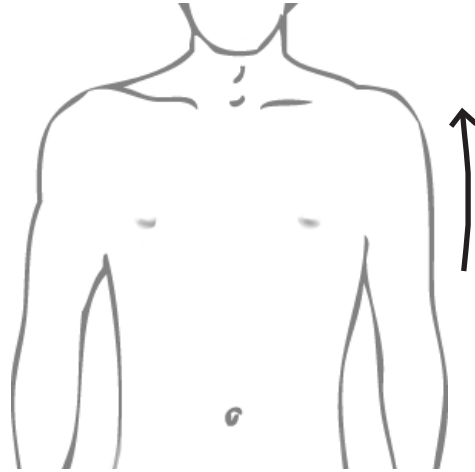


(Do [lymph drainage with a partner](#) before you do the left upper arm.)

7. Left upper arm

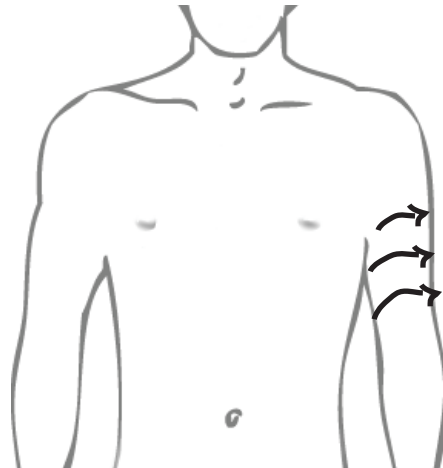
- A) Using a flat, relaxed hand, stroke the outside of the upper arm from the elbow toward the shoulder.

Repeat 10 times.



- B) Using a relaxed hand, stroke from the inside of the upper arm toward the outside of the upper arm.

Repeat 10 times.



8. Repeat [7A](#) and [3B](#)

9. Left elbow

Work all around the elbow using the thumb and fingers. Stroke from below the elbow to above the elbow on every side. Focus on the areas that may feel thick or full.

Repeat 10 times.

10. Left forearm

- A) Using the palm of your hand, stroke from the thumb side of the wrist up toward the outside of the elbow.

Repeat 10 times.

- B) Using flat fingers, stroke from the little finger side of the forearm toward the thumb side of the forearm. Work the whole forearm.

Repeat 10 times.

11. Repeat [7A](#) and [3B](#)

12. Left hand and fingers

- A) Using the thumb and fingers, work the top of your hand by pushing the fluid from the knuckles toward the wrist. Increase the pressure in the areas that feel thick.

Repeat 10 times.

- B) Using the index finger and thumb, work the sides, top and bottom of each finger. Work toward the hand.

Repeat 3 to 5 times.

- C) Using the thumb, work from center of the palm to the outside of the hand.

Repeat 5 times.

13. Repeat [10](#), [7A](#), [3B](#), and [6B](#) (3 to 5 times)

14. Repeat [4—Deep Breathing](#) (2 to 3 times)

Lymph drainage with a partner

If possible, work with a partner before you start exercise 7.

1. **Right armpit**

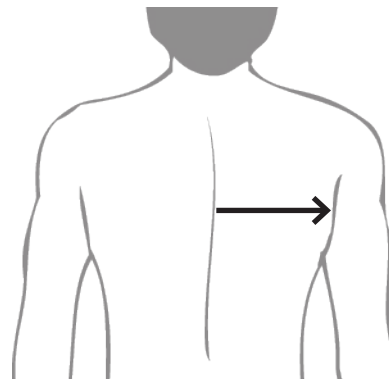
Place relaxed, flat fingers over the area where you apply deodorant. Push upward and release.

Repeat 15 times.

2. **Left to right across the back**

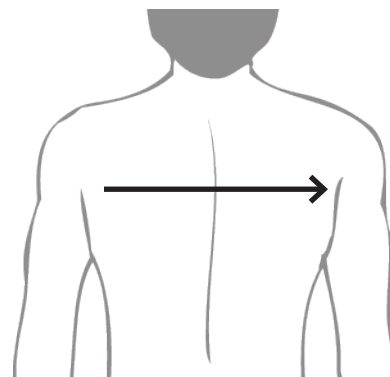
- A) Move fluid out of the **left** side of the back. Use flat, relaxed hands. Push the fluid from the right side of spine, ending at the **right armpit**.

Repeat 10 times.



- B) Draw a line across the back from the left armpit to the right armpit. Use flat, relaxed hands. Stroke from the **left side** to the **right side**, ending at the **right armpit**.

Repeat 15 times.



3. **Repeat [1](#)**

