

Simple Lymphatic Drainage (SLD)

for the arm and trunk

Simple Lymphatic Drainage (SLD) for the Arm and Trunk

Simple lymphatic drainage is a form of gentle massage to help move fluid away from a congested area towards healthy lymph nodes where it can be drained more effectively.

The massage must be very gentle and not cause redness on the skin.

With each movement your hand should remain in contact with the skin.

Stretch the skin in the direction indicated and then release the stretch so the skin moves back.

It must be performed on bare skin, do not use moisturising cream or oils. Talc may be used.

If you have been provided with a compression sleeve wear this when performing the massage.

Allow 15 minutes to complete daily.

Do not perform the massage if you feel unwell or have an infection.

For further information contact:

Therapist: _____

Tel no: _____

Step 1



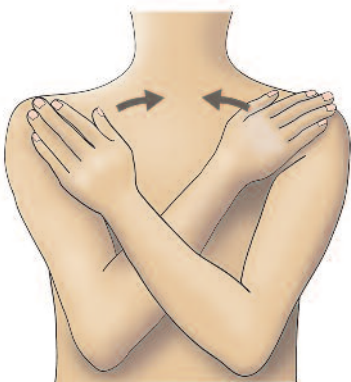
- Sit or lie with shoulders relaxed and hands resting below ribs.
- Breathe in through your nose and feel your abdomen rising then slowly sigh out through your mouth.
- Repeat 5 times.

Step 2



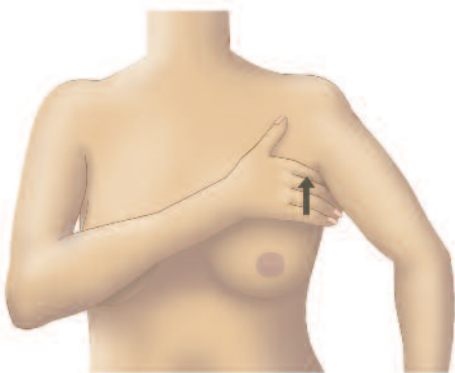
- Place your hands on either side of your neck below your ears with your little finger just below your ear lobe.
- Gently stretch the skin down towards your shoulders and release.
- Repeat 5 times.
- Move your hands lower down and repeat so that you have covered the whole neck area.

Step 3



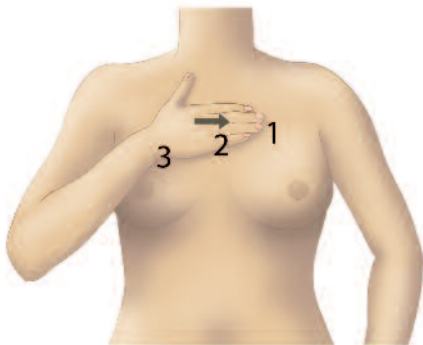
- Place the pads of your fingers in the hollow area just above your collar bones.
- Gently stretch the skin inwards towards your neck making a C shape and release.
- Repeat 5 times.

Step 4



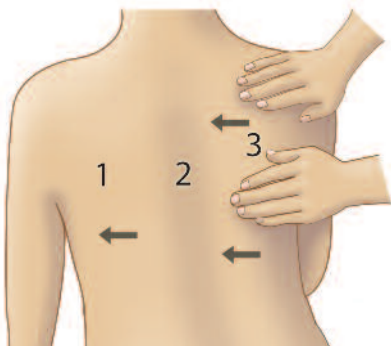
- Place your hand in the armpit of **the non swollen side**.
- Massage upwards into your armpit and release.
- Repeat 10 times.
- Ensure the direction is always upward and inwards and you release the stretch after each movement.

Step 5



- This step involves dividing the chest into 3 sections. Each section is massaged in turn **starting at the non-swollen side**.
- Place your flat hand on the chest and stretch the skin across to the armpit you have just massaged.
- At position 1 and 3 repeat 5 times.
- At position 2 repeat 10 times.

Step 6



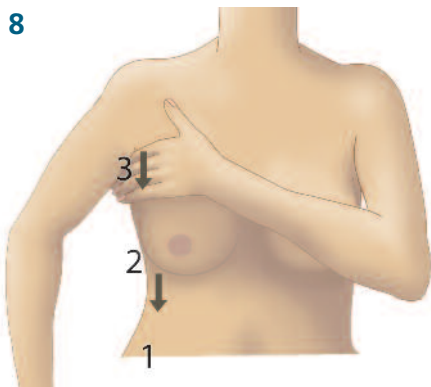
- If you have someone to help, you can repeat step 5 across the back as follows:
- Divide the back into 3 sections. **Start at the non-swollen side**.
- Place relaxed hands on the back and stretch the skin across towards the non-swollen armpit.
- At position 1 and 3 repeat 5 times.
- At position 2 repeat 10 times.

Step 7



- Place the pads of your fingers in the groin crease on the front of your hip **on the swollen side**.
- Gently stretch the skin up and inwards making a C shape and release.
- Repeat 5 times.
- Move your hand along the hip and repeat in two further positions to cover the whole groin area.

Step 8

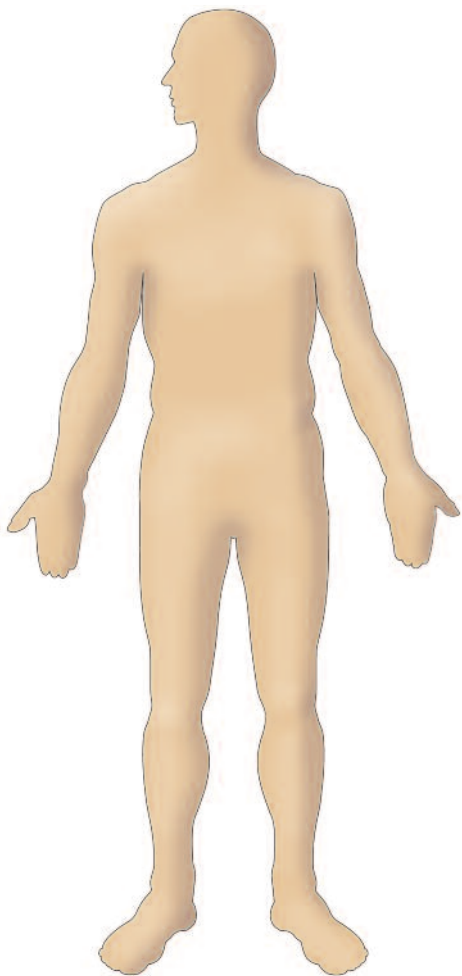


- Divide your side into 3 sections.
- Start just above the hip and stretch the skin down towards the groin.
- At position 1 and 3 repeat 5 times.
- At position 2 repeat 10 times.

Step 9

- Repeat Step 1 - Breathing exercises.

Further Steps



- Your therapist will direct you if you need to perform further massage techniques.

