

Step 6



- Place your hands on either side of your neck just above your collar bone.
- Gently stretch the skin forwards and stretch it in a circular motion down towards your shoulders and release.
- Repeat 5 times.
- Move your hands further up the neck and repeat 5 times each position in the neck so that you have covered the whole neck area.

Step 8



- Split the fingers on either side of the ears, stretch the skin back and down
- Place your left hand on your left upper jaw line, in front of the left ear.
- Place your right hand on your right upper jaw line, in front of the right ear.
- Gently stretch your skin backwards towards the ear.
- Repeat 5 times.
- Repeat 5 times in each position along the upper jaw line towards your nose.
- Complete steps 8, 7, 6, 5, 4, 3, 2 and 1 in reverse.

Step 7



- Place your left hand on your lower jaw line, just below the left ear lobe.
- Place your right hand on your lower jaw line, just below the right ear lobe.
- Gently stretch your skin down and backwards towards the ear, in a circular motion.
- Repeat 5 times.
- Repeat 5 times in each position along the jaw line until your fingers meet in the middle at your chin.

Further Steps



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

Simple Lymphatic Drainage (SLD)

for the Head and Neck

Simple Lymphatic Drainage (SLD) for the Head and Neck

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.

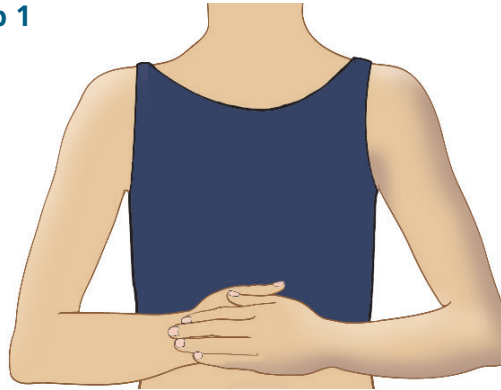
Stretch the skin in the direction indicated and then release the stretch so the skin moves back.

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

Allow 15 minutes to complete daily.

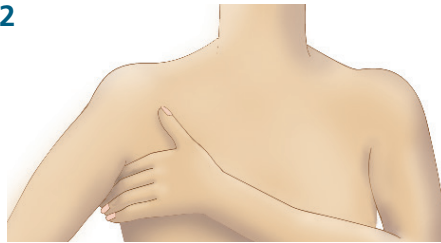
Do not perform the massage if you feel unwell or have an infection.

Step 1



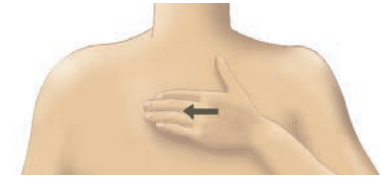
- Sit or lie with shoulders relaxed and hands resting below ribs.
- Breathe in through your nose and feel your abdomen rising then slowly sigh out through your mouth.
- Repeat 5 times.

Step 2



- Place your hand in 1 armpit.
- Massage UPWARDS and INWARDS into your armpit and release.
- Repeat 10 times.
- Move your hand a hand's breadth down the side of the chest wall and repeat circles (stretching towards the armpit)
- Ensure the direction is always upward and inwards and you release the tension after each movement.

Step 3

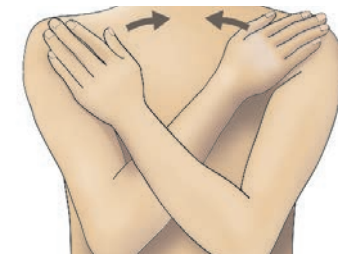


- Place your flat hand on the chest and gently stretch the skin in 1 direction from the breastbone towards the armpit you have just massaged.
- Repeat 10 times.
- Move your hand just above the nipple line and repeat this line of massage
- Move the hand up again to just below the collar bone and repeat again

Step 4

- Repeat Step 2 and 3 but massaging the other armpit and stretching the skin from the breast bone towards the other armpit.
- Repeat 10 times each step.

Step 5



- 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.

For further information contact:

Therapist: _____

Tel no: _____