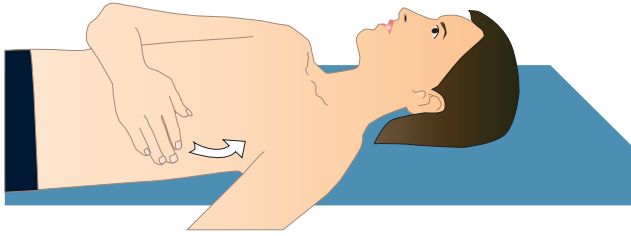
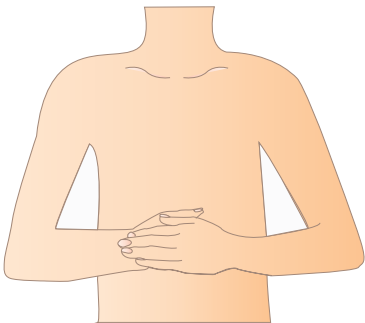


Step 5



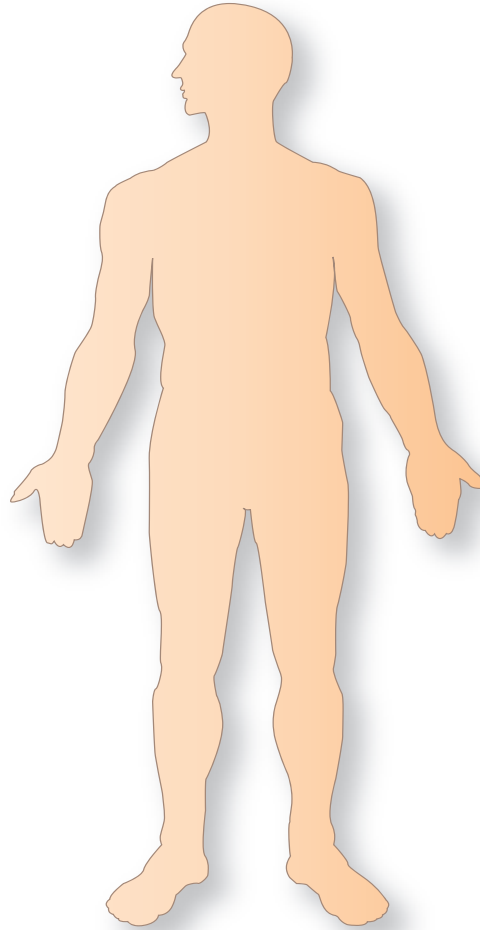
- This step involves dividing your side into 3 sections. Each section is massaged in turn starting below the armpit on **the same side as the swollen leg.**
- Place your hand on the side of the chest wall just below the armpit.
- Gently stretch the skin up towards the armpit you have just massaged.
- At position 1 and 3 repeat 5 times.
- At position 2 repeat 10 times.

Step 6



- 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.

Further Steps



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

Simple Lymphatic Drainage (SLD)

for the Leg

Simple Lymphatic Drainage (SLD) for the Leg

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.

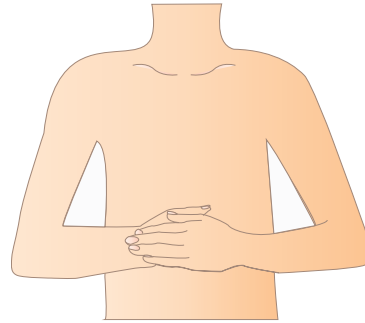
It must be performed on bare skin, do not use moisturising cream or oils. Talc may be used.

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

Allow 15 minutes to complete daily.

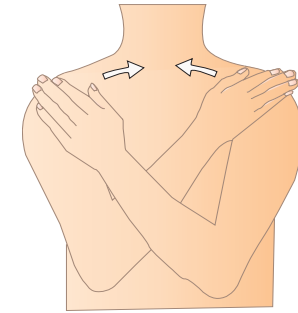
Do not perform the massage if you feel unwell or have an infection.

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 3



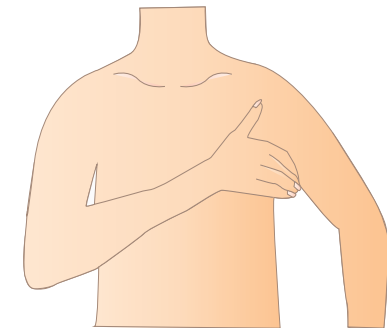
- Place the pads of your fingers in the hollow area just above your collar bones.
- Gently stretch the skin inwards towards your neck making a C shape and release.
- Repeat 5 times.

Step 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 4



- Place your hand in the armpit of **the 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.

For further information contact:

Therapist: _____

Tel no: _____