Manual Lymph Drainage for the Right 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. **Left armpit**

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

Repeat 30 times.

3. **Right to left across the chest**

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

Repeat 10 times.

B) Draw a line from one armpit to the other. Use a flat, relaxed hand. Stroke in a line from the right side to the left side, ending the stroke in the **left 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. Right 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, press upward toward your belly button. Stop at the groin.

Repeat 30 times.
6. Right armpit to groin

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

Repeat 10 times.

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

Repeat 15 times.

(Go to page 7 and do lymph drainage with a partner before you do the right upper arm.)
7. Right upper arm

A) Use a flat, relaxed hand. Stroke the outside of the upper arm from the elbow toward the outside of 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. Right 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. Right 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. Right 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

*Work with a partner before you start exercise 7.*

1. *Left armpit*

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

   Repeat 15 times.

2. *Right to left across the back*

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

   Repeat 10 times.

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

   Repeat 15 times.

3. Repeat #1.