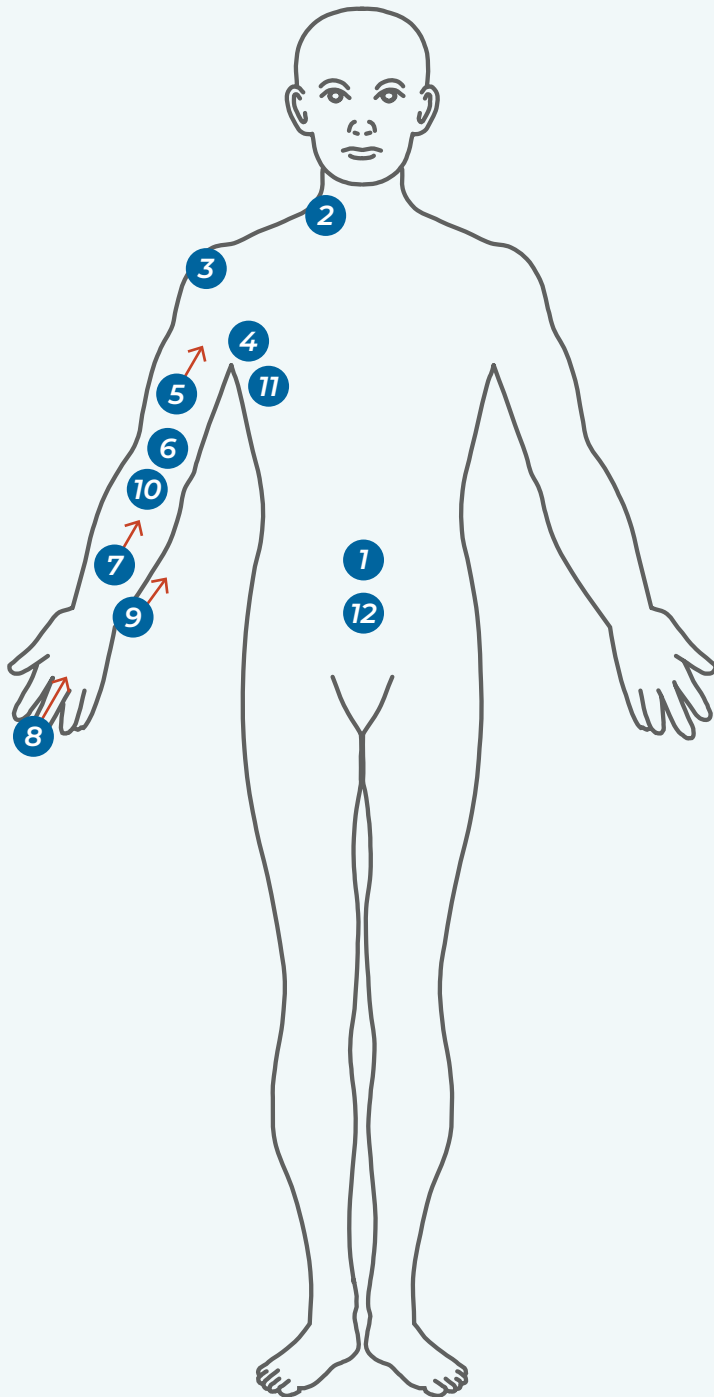


Manual Lymphatic Drainage: Upper Extremity



Shepherd Center



Sequence:

1	Deep abdominal breathing (x5 - 10)
2	Circles above the collar bones (x5 - 10)
3	Two hands cradle shoulder, movement toward the armpit (x5 - 10)
4	Open hand circles in armpit (x5 - 10)
5	Use upward light strokes along upper arm working from upper arm to elbow*
6	Open hand circles at the elbow crease (x5 - 10)
7	Use upward light strokes along lower arm working from elbow to wrist*
8	Open hand light circles on the back of the hand (x 5 - 10) <ul style="list-style-type: none"> Upward strokes with two fingers along the sides of each finger from tip to base of finger Flip patients hand over; light circles in the palm of the hand (x 5 - 10) Upward strokes with two fingers along the sides of each finger from tip to base of the finger
9	Use upward light strokes along lower arm working from wrist to elbow*
10	Open hand circles at the elbow crease (x5 - 10)
11	Open hand circles in armpit (x5 - 10)
12	Deep abdominal breathing (x5 - 10)

Where?

This massage is best completed lying in bed or on a mat.

Tips

- Massage pressure applied at joints (armpit/elbow crease/front and back of hand) is firmer than the upward strokes along the arm.
- When massaging, imagine you have paint on your hands and you want to cover the areas (arms) with paint.
- *Massage strokes are always directed up when massaging along the arms.

When to Complete?

- Complete this massage routine no more than once daily or a few times a week if able.
- Total treatment time should be about 30 - 45 minutes.
- Most people swell more in the afternoon and may benefit from this treatment during that time.

For more information, visit
myshepherdconnection.org.