

## Manual Lymphatic Drainage for Both Arms

Lymphedema is swelling in a part of the body caused by a build-up of lymph fluid. Manual lymphatic drainage (MLD) is one way to keep it from getting worse. MLD is a light and gentle massage to move fluid away from where it has built up.

Follow the steps here. You can do most of these standing, sitting, or lying down.

### Step 1: Get Ready

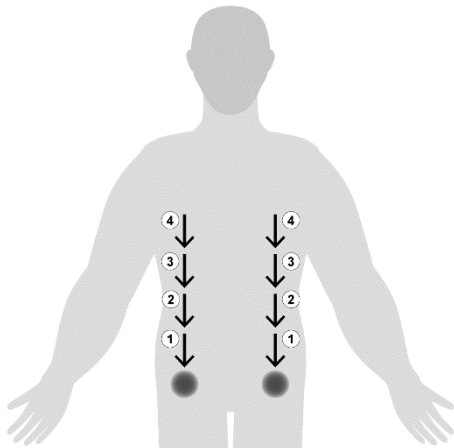
- Dress so you can do these steps on dry, bare skin.
- Get a towel and roll it up for the next step.

### Step 2: Warm Up

1. Take 10 deep breaths. Place your hands below your rib cage. Slowly take a deep breath in through your nose, feeling your hands move as your belly expands. Breathe out through your mouth.
2. Do 10 shoulder rolls on each side. Lift your shoulder up toward your ear then roll it down and back.
3. Place the towel in your armpit. Squeeze the towel so you can let go of it with the other hand. Repeat this 10 times on both sides.

### Step 3: Massage Your Body

1. Starting at your waistline and to one side of your body, stretch your skin downward toward your groin area. Repeat this 10 times.



2. Move your starting point upward one hand placement and continue stretching your skin

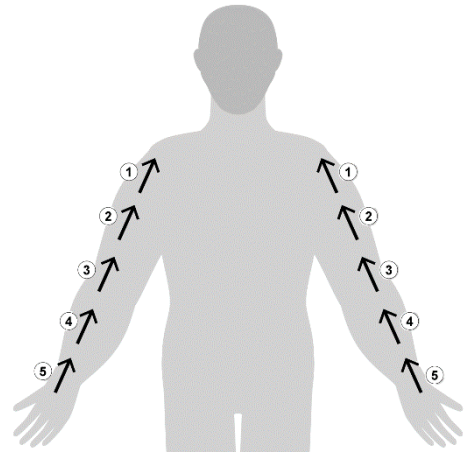
down toward the groin area. Repeat this 10 times. Keep moving the starting point up one hand placement and repeating until you reach your breast or armpit.

3. Repeat on the other side of your body.

### Step 4: Massage Your Arms

Outside of your arm

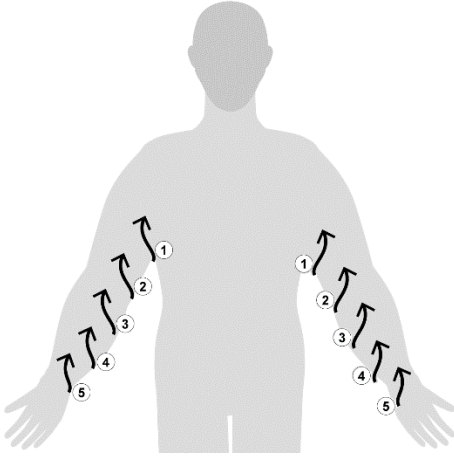
1. Starting on the outside of your upper arm, massage upward toward your shoulder. Repeat 10 times.



2. Move your starting point downward one hand placement and continue massaging toward your shoulder 10 times. Keep moving the starting point down by one hand placement and repeat until you reach your hand.
3. Repeat on your other arm.

## Inside of your arm

1. Starting on the inside of your upper arm, massage upward away from your armpit. Repeat 10 times.



2. Move your starting point downward one hand placement and continue massaging toward your shoulder 10 times. Keep moving the starting point down by one hand placement and repeat until you reach your hand.
3. Repeat on your other arm.

## Questions?

Contact your therapist through MyChart or at 801-587-4091.