

Manual Lymphatic Drainage for Both Legs

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

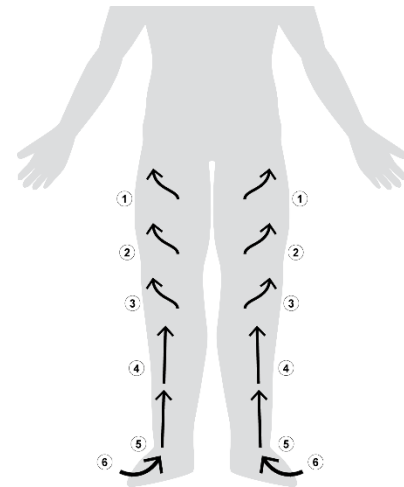
- Dress so you can do these steps on dry, bare skin.

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. Lift your right knee up toward your chest. Do this 10 times, then repeat with the left leg.

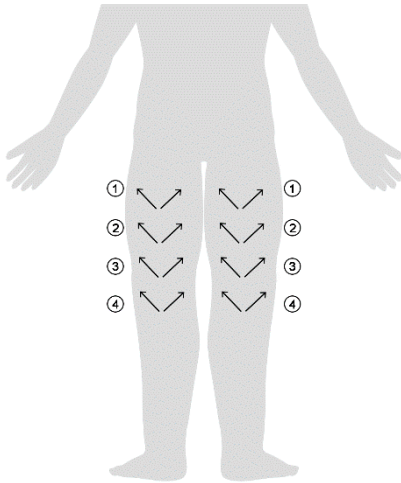
Step 3: Massage the front of your leg.

1. Start by placing one or two hands on your upper leg. Gently pull your skin upward toward your hip. Repeat this 10 times.
2. Move your starting point downward one hand placement. Stretch your skin gently toward your hips. Repeat this 10 times.
3. Continue these steps until you reach your foot.



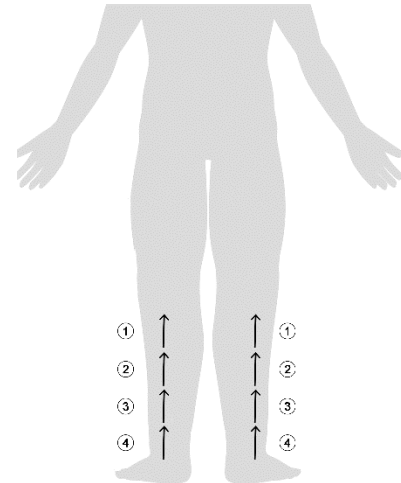
Step 4: Massage the back of your upper leg.

1. Start by placing both your hands meeting at the fingertips on the back of your upper leg. Gently stretch your skin toward the sides. Repeat this 10 times.
2. Move your starting point downward one hand placement. Gently stretch your skin toward the sides. Repeat this 10 times.
3. Continue these steps until you reach your knee.



Step 5: Massage the back of your lower leg.

1. Below your knee, place both your hands meeting at the fingertips on the back of your lower leg. Gently stretch your skin upward toward your knee. Repeat this 10 times.
2. Move your starting point downward one hand placement. Gently stretch your skin upward toward your knee. Repeat this 10 times.
3. Continue these steps until you reach your ankle.



Step 6: Repeat steps 3, 4 and 5 on your other leg.

Questions?

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