

Manual Lymphatic Drainage (Left Leg)

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

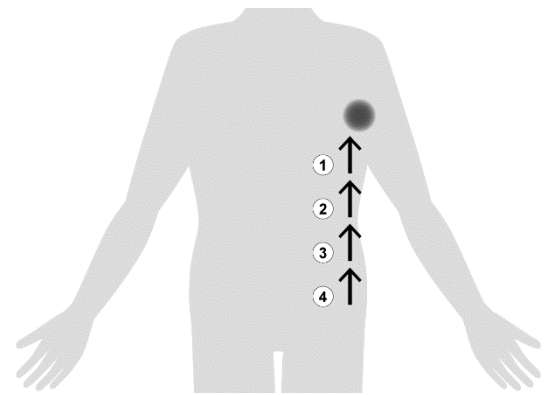
- Dress so you can do these steps on dry, bare skin.
- Get a towel and roll it up for the next step.

Step 2: Warm Up

1. Do 10 shoulder rolls on each side. Lift your shoulder up toward your ear then roll it down and back
2. 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.
3. Place the towel in your left armpit. Squeeze the towel so you can let go of it with the other hand. Repeat this 10 times.
4. OR gently stretch the skin from your left armpit toward your heart in an arc motion, then release. Repeat 10 times.

Step 3: Massage your torso

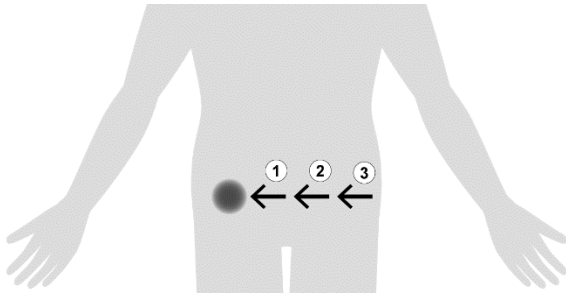
1. Starting at your armpit and on the **left** side of your body, stretch your skin upward toward your armpit. Repeat this 10 times.
2. Move your starting point downward one hand placement and continue stretching your skin upward toward the armpit. Repeat this 10 times. Keep moving the starting point down one hand placement and repeating until you reach your groin.



Step 4: Warm up your leg

1. Lift your **right** knee up toward your chest. Repeat 10 times.

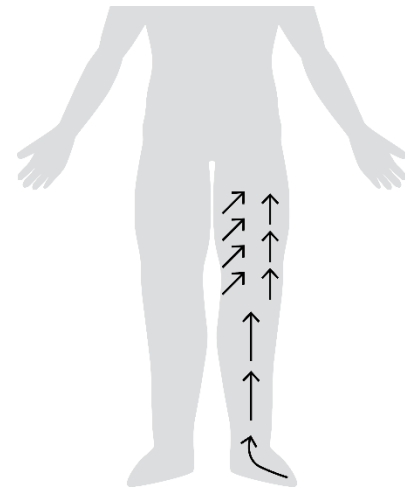
Step 5: Massage your lower pelvis



1. Across the lower part of your pelvic, gently stretch your skin toward the right. This is well below the belly button, right above your genital area.

Step 6: Massage your left leg for 5-10 minutes

1. Starting at your left upper thigh and working down to the knee, stretch the skin on your outer thigh toward your hip.
2. Starting in your left inner thigh, stretch the skin on your inner thigh outward and upward, toward your upper thigh.
3. Starting in your lower leg, stretch your skin upward toward your knee.
4. Starting at your toes, stretch the skin on your foot toward your ankle.



Questions?

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