

Patient information

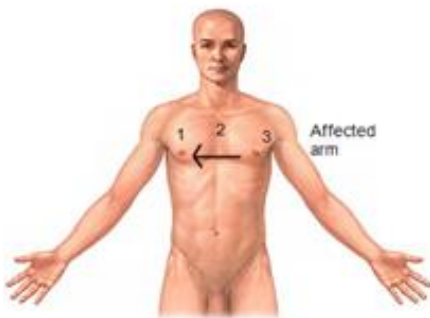
Simple lymphatic drainage - arms

Step 1

- Sitting or standing, place hands over your abdomen and breathe in slowly and deeply.
- As you breathe out through pursed lips letting your hands sink deeply into your abdomen. Repeat 2 - 5 times.

Step 2

- Massage the axilla on the **non-affected side** (armpit) to stimulate and drain the lymph nodes.
- Use the flat part of your other hand to massage the lymph nodes in the affected armpit. Massage using circular movements. Repeat 10 times.



Step 3

- Starting at point 1, stroke the area heading in the direction away from affected limb.
- Continue to stroke at each point heading away from **affected** limb to help with chest drainage.
- The stroking can be firm but do not cause pain or redness to skin.

Step 4

- Massage the axilla on the **affected side** (armpit) to stimulate and drain the lymph nodes.
- Use the flat part of your other hand to massage the lymph nodes in the affected armpit. Massage using circular movements. Repeat 10 times.
- Seek your clinicians advice if you have had any lymph nodes removed.

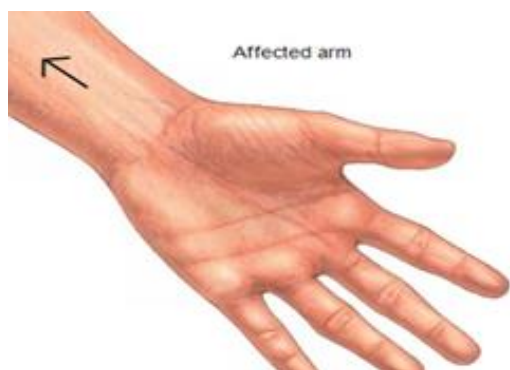


Step 5

- Starting at the top of the limb firmly stroke in a upwards motion but heading down the limb.
- Flex/extend the elbow 10 times to help drain this area. Once completed continue with the stroking in an upward motion heading down the limb to the base of the fingers.

Step 6

- Once at the base of the limb, flex/extend hand and wrist to drain these areas.



Step 7

- Continue stroking back up towards the top of the limb, continuing to clear at each joint/point.



Step 8

- Once at the route of the limb, repeat steps 4, 3, 2 and 1 in that order to finish the self-massage process.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



© West Suffolk NHS Foundation Trust