

Patient information

Simple lymphatic drainage - legs

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

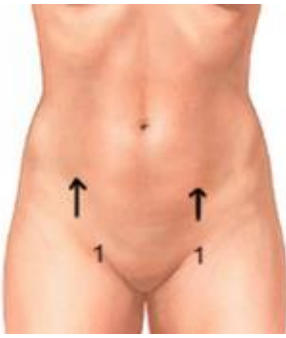
Step 2

- Starting around lower torso area, firmly brush up the body to aid drainage.



Step 3

- Place a small ball, the flat part of your hand in your groin area (point number 1)
- March your leg up and down while keeping pressure in the groin area 10 times. **(This can be done in sitting or standing)**
- **Bilateral patients** (both limbs affected) complete both sides. Patient with **unilateral limb** (one side affected) only complete on the affected side.



Step 4

- Starting at top of the limb firmly stroke in a upwards motion but heading down the limb.



- At the knee joint (point 2) add some firm pressure to the back of the knee and flex / extend the knee 10 times.
- Once completed continue with the stroking in a upward motion heading down the limb to the base of the foot.

Step 5



- Once at the base of the limb, stroke the ankle, foot and toes. Flex/extend the ankle to drain these areas.

Step 6



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

Step 7

- Repeat steps 3, 2 and 1 in that order to finish the self-massage process.

Simple lymphatic drainage for legs

Simple lymphatic drainage is a form of massage to help move the fluid away from congested area towards healthy lymph nodes where it can be drained away more effectively.

Although the massage is firm you must not cause pain or redness to the skin.

It must be performed on bare skin, do not use moisturising cream or oils.

Do not perform the massage if you feel unwell or have an infection, please contact your Lymphoedema clinician if unsure.

If unsure on how to perform simple lymphatic drainage technique please speak to your lymphoedema clinician.



Useful information and websites

Lymphoedema Support Network (LSN)

St Luke's Crypt, Sydney Street, London, SW3 6NH.

Telephone 020 7351 4480 (for information and support)

Telephone 020 7351 0990 (administration)

e-mail: adminlsn@lyphoedema.freemove.co.uk

Website: www.lymphoedema.org

British Lymphoedema Society (BLS)

The Garth House, Rushey Lock, Tadpole Bridge, Buckland Marsh, Nr Farringdon,
Oxfordshire, SN7 8RF

Telephone 01452 790178

e-mail: info@thebls.com or visit BLS website

Macmillan Cancer Support

Telephone 0808 808 00 00 (Monday to Friday 9.00am – 8.00pm)

Or visit their website www.macmillan.org.uk

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