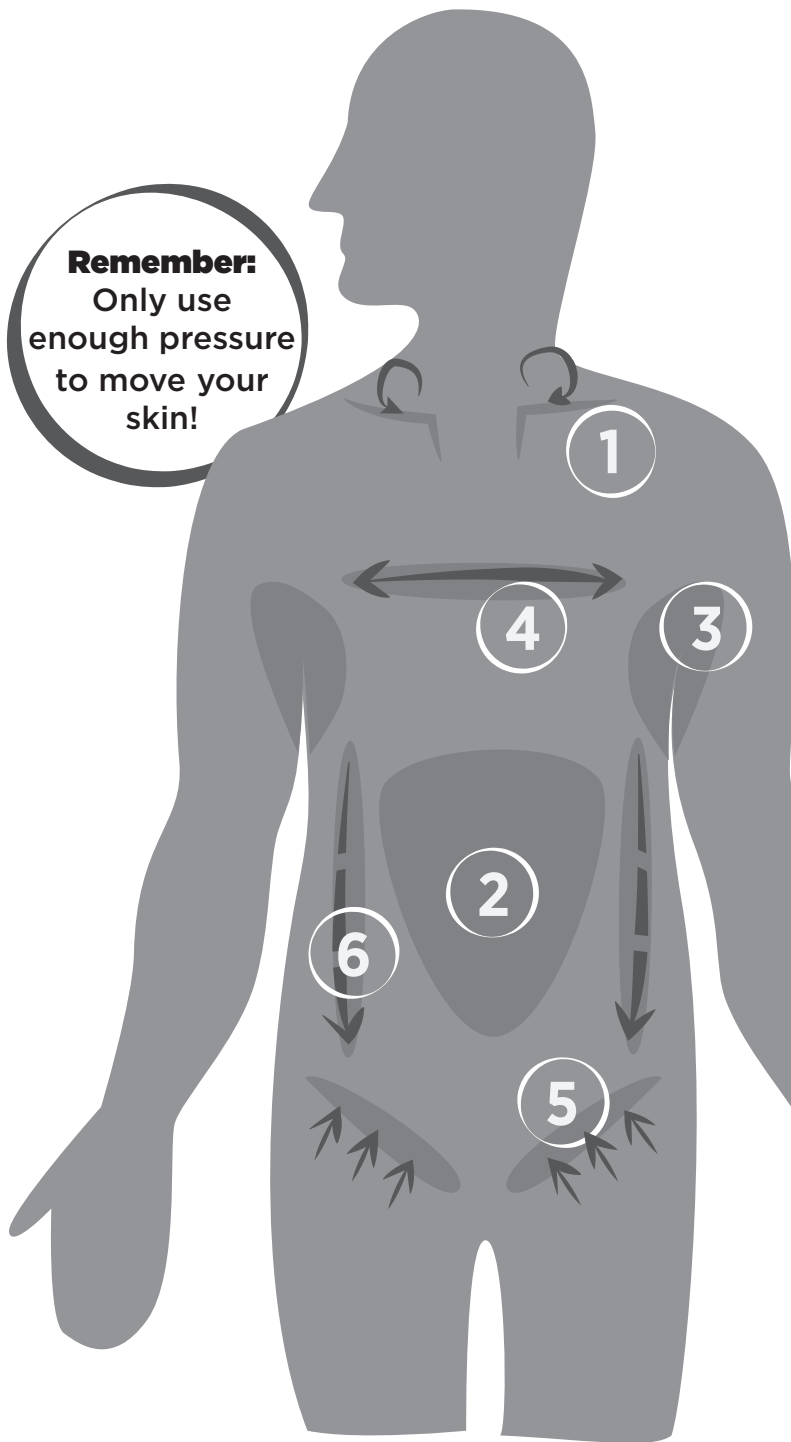


Self-Massage Techniques

for Upper Extremity Lymphedema



Remember:
Only use
enough pressure
to move your
skin!

1 Collar Bone
Place flats of fingers just above the collarbone, but not on the neck. Massage in a circular motion, pulling the skin down and inward toward the breastbone. Repeat times on both sides.

2 Diaphragmatic Breathing
Place both hands on your belly. As you breathe in through your nose, watch your hands rise. As you breathe out through your mouth, watch your hands fall and exert a mild pressure into the abdominal area. Repeat times.

3 Armpit Lymph Nodes
Place your
 Right hand in your left armpit
 Left hand in your right armpit
and pull the skin gently toward your body. Repeat times.

4 Armpit to Armpit
Massage across the front of your chest from the
 Right armpit toward the left armpit
 Left armpit toward the right armpit
Repeat times.

5 Groin Lymph Nodes
Place your hand over the inguinal (groin) lymph nodes on your
 Right side
 Left side
and pull your skin gently toward your underwear crease. Repeat times.

6 Armpit to Groin
Start your massage just above your
 Right hip bone
 Left hip bone
and move the skin toward your groin times. Then, move your hand up your side approximately one hand length and massage toward your groin again. Continue to move your hand placement up your side until you reach your armpit.