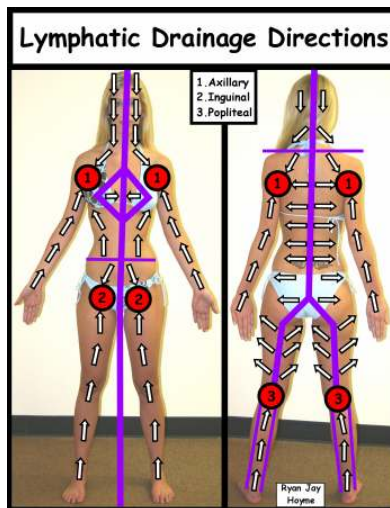


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PRESENTS

LYMPH DRAINAGE MASSAGE



By
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Intro

MLD can increase lymphocytes by as much as 30% and can increase the flow of lymph by as much as 20 times! A normal lymphatic flow is about 4 ounces of lymph per hour. This means that with MLD the flow can be increased to as much as 80 ounces per hour! The Manual Lymph Drainage is a superficial skin massage. Deep tissue massage is counterproductive and could damage fragile tissue. The superficial skin massage stimulates the lymph nodes located just below the surface of the skin.

This non-invasive, painless, and very effective therapy for lymphedema and other related conditions has been used in Europe successfully for decades and is now becoming widely recognized in the United States.

Lymph Drainage Therapy has been proven to aid in the absorption of toxins, assist the body in deep cleansing, stimulate fluid circulation and the work of the immune system, absorb fat molecules, induce deep relaxation, and activate antispasmodic actions.

Our lymphatic system has vessels just like our circulatory system, but does not have a pump (the circulatory system has the heart). In order to clear the "lymph" (the clear extracellular fluid that is collected by the lymphatic vessels and filtered by the lymph nodes), the lymphatic system must gently be pumped manually. We do this by moving about with an active lifestyle.

When we get sick, we are told to "get plenty of rest and drink lots of water." The only bad part about getting the "rest" is that we stop moving around, and thus, the lymph is not being removed. This is why we feel like we are having a "re-lapse" once we get up and moving again. When we start our activities again, we start to pump the infected lymph back through our systems again.

MLD is a gentle manual treatment technique which improves the activity of the lymph vessels by mild mechanical stretches on the wall of lymph collectors. MLD re-routes the lymph flow around the blocked areas into more centrally located lymph vessels that eventually drain into the venous system.

Lymph Drainage can be an effective means to help prevent colds and or shorten the duration of the illness once infection has set in.

Experience has shown that it is not only for ill patients; lymph drainage massage is also a perfect technique for helping clients to maintain health and improve the beauty of the skin.

Three main actions of lymphatic drainage are:

- 1) Stimulation of body fluid circulation. It activates lymph function and lymph circulation. Indirectly stimulate the blood circulation of the Body (enhance blood capillaries resorption, increase pulsation of capillaries, activate venous circulation . . .).
- 2) Stimulation of the immune system: the passage of lymph in the lymph nodes stimulate the immune system (the humoral as much as well as the cellular immunity). The stimulation of lymph circulation activate antigen/antibody presentation and immune reactions.
- 3) Nervous system: stimulate the parasympathetic nervous system (relaxation effect, antispastic effects -- muscle tonus -- , etc). The constant stimulation of the C-fiber mechanoreceptors has inhibitory effects (analgesi -anti-pain-action).

Did you know that the human body has two circulatory systems?

These are the **circulatory system** and the **lymphatic system**. The differences between these two systems are compared in the table below. To simplify the explanation, in this chart they are referred to simply as blood and lymph.

Understanding the differences between these two systems makes it easier to understand the special difficulties encountered by the lymphatic system when any part of that system is not functioning properly.

Circulatory System (Blood)	Lymphatic System (Lymph)
Blood consists of red and white blood cells, and other formed elements, that circulate plasma.	Lymph is a clear, or slightly milky, fluid that does not contain any formed elements.
Blood is visible. You can see blood vessels and damage to them causes visible signs such as bleeding or bruising.	Lymph is invisible. Lymphatic vessels cannot be seen easily and damage is difficult to detect until swelling occurs.
Blood is pumped throughout the body by the heart. Muscle movements also help the return flow of blood to the heart.	Lymph does not have a pump. Its movement depends on deep breathing plus help from the movements of nearby muscles and arteries.
Blood flows in a continuous loop throughout the body via arteries, capillaries, and veins.	Lymph flows in lymphatic vessels always moving in one direction toward the base of the neck where it will return to the circulatory system.
The two kidneys filter all of the blood in the circulatory system.	Lymph nodes located in lymphatic vessels throughout the body. These nodes filter only the lymph flowing in the vessel where it is located.
The kidneys remove waste and excess fluid from the blood. Needed fluids are returned to the bloodstream.	Lymph nodes remove some fluid and debris. They also kill pathogens and some cancer cells.
Swelling due to a blood vessel injury, or blood flow inadequacy, produces low-protein fluid in the tissues.	Swelling due to a lymphatic system disruption produces high-protein fluid in the tissues.

Basics

The lymphatic system is important in protecting the body from disease and pollution. Lymph nodes can be as small as the head of a pin or as big as an olive. There are 400-700 lymph nodes in the body and roughly 170-200 lymph nodes in your neck. Half of the lymph nodes are located in the abdomen and the abdominal area has deep lymph nodes. Lymph contains mostly fats and proteins. The lymph system houses 60 percent of the immune system. Lymph arises in the brain and in the capillary bed, and flows through the tissues and channels through its own ducts. Lymph arises and flows from the bellies of the muscles. The walls of lymph ducts are one to two cells thick, and crush very easily. The lymph system is a passive, one-way system that depends on muscle contraction for pumping. Lymph nodes are recycling centers. The primary function of the lymph nodes is to filter and purify the lymph. Lymph nodes produce lymphocytes that destroy harmful substances within the body. Lymph nodes offer the greatest resistance to the flow of the lymph. Lymph nodes offer about 15 times more resistance than the vessels themselves. Two main channels for the lymph system-thoracic duct and right lymphatic duct.

Did you know that?

- Your lymphatic system is actually a vital circulatory system with an extensive network of vessels throughout the body.
- Your body contains about 50% more lymphatic fluid than blood.
- Your lymphatic system contains over 600 collection sites called lymph nodes.
- These nodes are formed at the junction sites of the lymph vessel network.
- Your lymphatic system is responsible for supplying plasma-rich protein to your blood as well as carrying away toxins and other debris.
- Your lymphatic system is your primary defense against bacteria, viruses, and fungus.
- Most chronic (disease) problems occur at the junction of lymph vessels called lymph nodes.
- In men the inguinal nodes, in the crease of the groin, are the primary channel for release of accumulated lymph from the prostate.
- In women the axillary nodes, located in the arm pit, are the primary channel for releasing accumulated lymph from the breasts.
- Cellulite is primarily blocked lymphatic fluid.
- According to the National Lymphedema Network, 30 - 40% of Breast Cancer survivors will develop lymphedema in their lifetime. Become knowledgeable, and reduce the odds.
- It is important to understand that lymph vessels do not have a central pump the way arteries have the pumping action of the heart. Lymph vessels are called to action, to transport lymph fluid, by direct stimulation to vessels in the form of stretching.
- The lymphatic system is designed to process a normal daily volume of fluid (averaging about 2 liters in adults) but the system is very resilient and can carry up to 10 times its normal volume when need arises from injury or infection.
- There are approximately 6 to 10 liters of lymph in the body, compared to 3.5 to 5 liters of blood.
- About 1.5 to 2 liters of lymph per day circulate throughout the whole body. Efficient activation of the lymphatic circulation can increase this number to 10-30 liters per day.
- The lymphatic muscular units contract in humans at a rate of about 10 cm/min or 3 in/min (Olszewski & Engeset 1979).
- The overall pulse rate in lymph can be 1 to 30/min.
- Swedish massage may cause serious complications if applied in lymphedematous tissues.

Two lymphatic circulations:

- The superficial lymphatic circulation, just under the dermo-epidermic junction (about 70% of lymph flow). This circulation is not directly stimulated by exercise.
- The deep circulation of the muscles, below the fascia, and the very deep circulation of the viscera, which is activated by muscles contractions.

Benefits

- | | | |
|--|--|---|
| <ul style="list-style-type: none">• Lymphatic drainage is best for edema (swelling)• Encourages lymph to flow more freely• Removes blockages along vessels and within nodes• Removes harmful toxins | <ul style="list-style-type: none">• Stimulates the immune system• Helps to clear Lymphedema and fluid retention• Helps to clear cellulite• Fats evacuate through lymphatic vessels• Chronic pain reduced | <ul style="list-style-type: none">• Circulation of lymph, blood capillaries, veins, interstitial liquids, and cerebrospinal and synovial fluids (indirectly) are activated• Scars, stretch marks, wrinkles, and fracture or surgical-incision sites are improved |
|--|--|---|

LYMPHEDEMA

Stages	Characteristics
Latency	No swelling, reduced transport capacity, 'normal' consistency
Stage I (reversible)	Edema is soft ('pitting'), no secondary tissue changes, elevation reduces swelling
Stage II	(spontaneously irreversible) Fibrosclerotic changes hardening of the tissue (no 'pitting'), frequent infections
Stage III	(lymphostatic elephantiasis) Extreme increase in volume and texture with typical skin changes (papillomas, deep skin folds)

Indications for MLD

Lymphatic therapy does not attempt medical diagnosis or any medical service or procedure. MLD is not a medical practice, nor does it take the place of a physician.

Surgery	RSD	Colitis	Ankle/Sprain/Strain	Neck Pain
Post Mastectomy Edema	Dermatology	Primary Lymphedema	Muscle and Ligament	Bursitis
Secondary Lymphedema	Acne	Chronic Cold/Flu	Tears	Osteoporosis
Post Vein Stripping	Allergic Dermatitis	Chronic Fatigue	Hematoma	Eye, Ear, Nose, Throat
Varicose Veins	Leg Ulcers	Syndrome	Fracture	Sinusitis
Pre-Surgery-Preparation	Scars-Surgical Burns	Neurology	Rheumatoid Arthritis	Chronic Tonsillitis
Post-Surgery-Recovery	Eczema	Tension Headache	Carpal Tunnel Syndrome	Post Tooth Extraction
Pre and Post Cosmetic	Internal Medicine	Migraine	Tendonitis	Post Oral Surgery
Surgery	Hay Fever	Stress Reduction	Osteoarthritis	
Post Amputation	Allergy	Musculoskeletal	Whiplash	

Physiology - In order to understand how this treatment program works, you need to review soft tissue functions and components.

- **The lymphatic system** is the most extensive fluid system in the body. It represents about 60 percent of our fluid volume. By contrast, the blood system represents only about 33 percent of our fluids. These are the body's two largest circulating systems.
- **The lymph fluid** flows one way in lymph ducts, from the extremities (hands and feet) to the ports at the junction of the subclavian and jugular veins. The duct walls, which are one to two cells thick, are valved to flow in one direction only, with the rate of flow determined by gross motor movement.
- **The terminal lymphatic vessels** consist of a widely distributed closed-end network of highly permeable lymph capillaries that resemble blood capillaries in appearance. However, they generally lack tight junctions between endothelial cells and possess fine filaments that anchor them to the surrounding connective tissue. During skeletal muscle contraction, these fine strands may distort the lymphatic vessel and open spaces between the endothelial cells. This will permit protein, large particles, and cells in the interstitial fluid to enter the lymphatic capillaries.
- **The blood capillary** filtrate and the protein and cells that have passed from the intravascular compartment to the

interstitial fluid compartment are returned to the circulation by virtue of tissue pressure, facilitated by intermittent skeletal muscle activity, contractions of the lymphatic vessels, and an extensive system of one-way valves.²

- **Lymph** is like broth. When the broth cools off, it forms a hard, white, top layer (fat) and a gel underneath (protein). When lymph temperature drops below normal body temperature, the fats solidify and the proteins gel. This accounts for knots, stiffness and a large percentage of muscle injuries. It is the character-the consistency-of lymph that is affected by the use of hot and cold on the body.
- **To all this information** we add the Eastern concept of organ stress. Imagine the body as a barrel in which all the organs are held in place by connective tissue attachments. To do what they do, organs only require fuel and rest. When they are tired and hungry, they pucker up and pull on their attachments. This in turn crushes the plumbing at the attachment site, which impedes the flow of the body's aquifer. Thus, the beginning of a soft tissue condition.

Positioning

- Neck and front of shoulder-Lie on your back with both arms supported by pillows.
- Back of shoulder and upper arm-Lie on the side opposite the shoulder and arm you want to work on. Use the hand of the arm you are laying on to work on the other shoulder and upper arm.
- Elbow, forearm, wrist-Sit down with both arms supported by pillows.

7 major regions

Cervical, Axillary, Inguinal, Pelvic, Abdominal, Thoracic, and Supratrochlear.

[1] Mastoid and Sub occipital nodes of the head	[2] Cervical lymph nodes of the neck [3] Axillary lymph nodes under the arms	[4] Inguinal lymph nodes of the groin area [5] Popliteal nodes behind the knee
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Draining patterns

- *Thoracic duct-left side of body and from the right side of the body below the chest and empties under left clavicle.
- *Right Lymphatic duct-right side of the head, neck, upper chest and right arm and empties under right clavicle.
- *Axillary area needs to be drained first, before you drain the arm.
- *Inguinal area needs to be drained first, before you start on the leg

Head, face and neck lymph system consists of:

- The Mastoid nodes, which drains a strip of the scalp above the ear.
- The Occipital nodes, which receive lymph from the back of the scalp.
- The Superficial Cervical nodes, which drain the skin of the angle of the jaw and the earlobe.
- The Paratoid nodes, which drain part of the ear, the outer parts of the eyelids and an area of the front scalp.
- The Buccal node, which is located in the cheeks of the face cleanse lymph on its way to the Sub-mandibular nodes.
- The Submental node drains the tip of the tongue, the centre of the lower lip and the chin.
- The Sub-mandibular nodes, which are located under the jaw, receive lymph from a wide area including the front of the scalp, much of the face, the sinuses and most of the teeth.

How to perform

Explain to the client that lymphatic drainage isn't like other massages and how light it is and a session can last approximately 60-90 minutes and involves stimulating and increasing the flow of lymph circulating in the tissues and organs, as well as clearing blockages within lymph nodes and along a lymphatic vessel. A good way to help the lymph circulate is to have the client breathe deep and slow during the massage.

Lymph drainage massage takes place on a massage table using oil to lubricate the skin (Some therapists do not use any oil). The patterns you use are straight with 1-4 oz. of pressure (If you push too hard you collapse the initial lymphatic), then right angle with less pressure and finally back to your starting point with no pressure (Triangle pattern). Do not slide over the skin, but light enough so that you do not feel anything below the skin. Perform each rhythmic pattern 3 times (Rhythm is very important because with the correct rhythm and speed, the initial lymphatic are opened, and then allow to shut and then there is little time that is given for the lymph to get sucked down by the vessel).

Always start closest to the draining point and slowly work your way down the arm or leg, but never with any pressure going inferior, only pressure going superior. Then move further and further away from the node, but always pushing the fluid back in the direction of the node and make sure you do not glide back (You can raise the area you are working on with a pillow above the heart so it will drain better).

- **Short techniques** - 0.25-inch to 0.50-inch long and works better for harder or tighter tissues.
- **Long technique** - 0.75-inch to 1.0-inch long and works well when tissue gets liquefied and mobile.

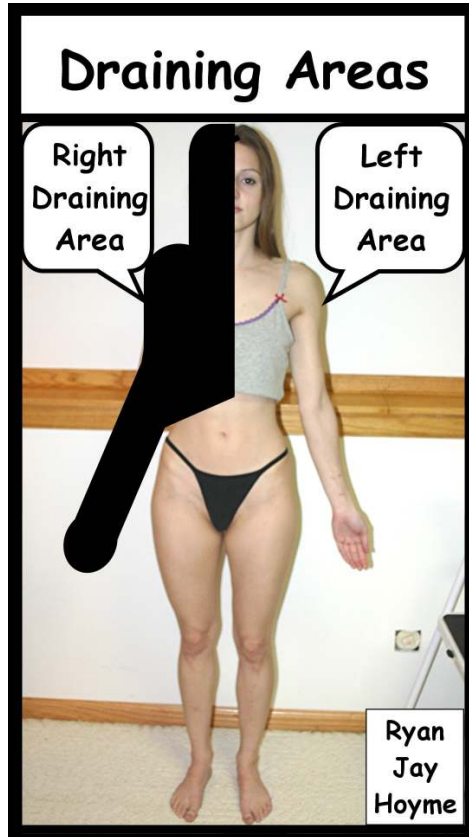
Things to Remember When Performing the MLD "Pumping" Strokes www.deeptissue.com

1. Correct pressure is deep enough so that you do not slide over the skin, but light enough so that you don't feel the tissue below the skin. This is about 1-4 ounces. Remember- if you push too hard you collapse the initial lymphatic.
2. Always push the lymph towards the correct nodes! If you push the lymph the wrong way, your work will not be effective.
3. Rhythm is very important so the initial lymphatics are opened, and then allowed to shut, so that enough time is given for the lymph to get sucked down along the vessel. An appropriate rhythm will also stimulate the parasympathetic nervous system, causing the client to relax.
4. Proper sequence means the order of the strokes. Always start near the node that you are draining to. Always push the lymph toward the node. Then as you work, you move further and further away from the node, but always pushing the fluid back in the

direction of the node. In this way we clear a path for the lymph to move, as well as create a suctioning effect that draws the lymph to the node.

5. The "Smoothing" or "Finishing" stroke is always the last stroke. It is performed by lightly and slowly stroking over the entire section that you just performed the "pumping" strokes on. This might only be an inch or less (like on the face and neck)...or...may be fairly long as when working the legs or arms. To perform this stroke properly, you start at the area furthest from the node (where you finished the "pumping" strokes), and stroke as if petting a cat or small animal. Again, stroke towards the node in the direction of lymph flow.

When performing Manual Lymph Drainage, the majority of the lymphatic system flows into the Left Lymphatic Duct.



So, the lymph from both legs, abdomen, left side, and left arm, and left side of the face and neck...all travel into the Left Lymphatic Duct and enter into the Terminus (the subclavian vein under the left collar bone), where the lymph enters into the blood stream.

The right drainage area includes the upper right quadrant, the right arm, and the right side of the face and neck. All lymph flow from the right side flows into the Right Lymphatic Duct and the Terminus under the right collar bone and enters into the blood stream.

In the two images below, you can see the lymphatic pathways; however, these images don't do justice to the actual amount of lymphatic vessels that are in the body.

Other options

Bandaging Treatment is a bandage material used determines the depth of the compression effect on the epidermis or deep regions. Short stretch bandages are primarily used for the compression of cellulite, primary and secondary Lymphedema and combination forms, i.e. Venous-Lymphedema, venous-lipo-lymphedema.

CIRCULATORY MASSAGE

A more superficial, stimulating massage. This includes the Esalen type (slower pace) and Swedish (fast paced). Purpose is to stimulate the efficient flow of blood through the body. Most of the strokes are repeated numerous times.

Massage to encourage blood flow to the tissues is different from massage to encourage blood flow from the tissues back to the heart. Because of the valve system of the veins and the lymph vessels, any deep stroking over these vessels from proximal to distal is contraindicated. Compression that doesn't slide is appropriate for arterial circulation.

- **Pulmonary circulation** is the movement of blood between the heart and lungs
- **Coronary circulation** is the movement of blood from within the heart chambers to the heart tissues themselves
- **Systemic circulation** is the movement of blood between the heart and the rest of the body

Another Form

1. Compression is applied over the main arteries, beginning close to the heart and then systematically move distal to the tips of the fingers and toes. The compressions are applied over the arteries and with a pumping action at a rhythm of 60 beats per minute or whatever the client's resting heart rate is. Rhythmic, gentle contraction and relaxation of the muscles powerfully encourages arterial blood flow. Both active and passive joint movement supports the transport of arterial blood flow.
2. Next assist venous return flow. This process is similar to lymphatic massage in that a combination of short and long effleurage strokes is used in combination with movement. The difference is that Lymphatic massage is done over the entire body and the movements are usually passive. With venous return flow, the effleurage strokes move distal to proximal over the major veins. The effleurage stroke is short, about 3 inches long. Long effleurage strokes carry blood through the entire vein. Placing the limb or other area above the heart brings in the gravity assistance.

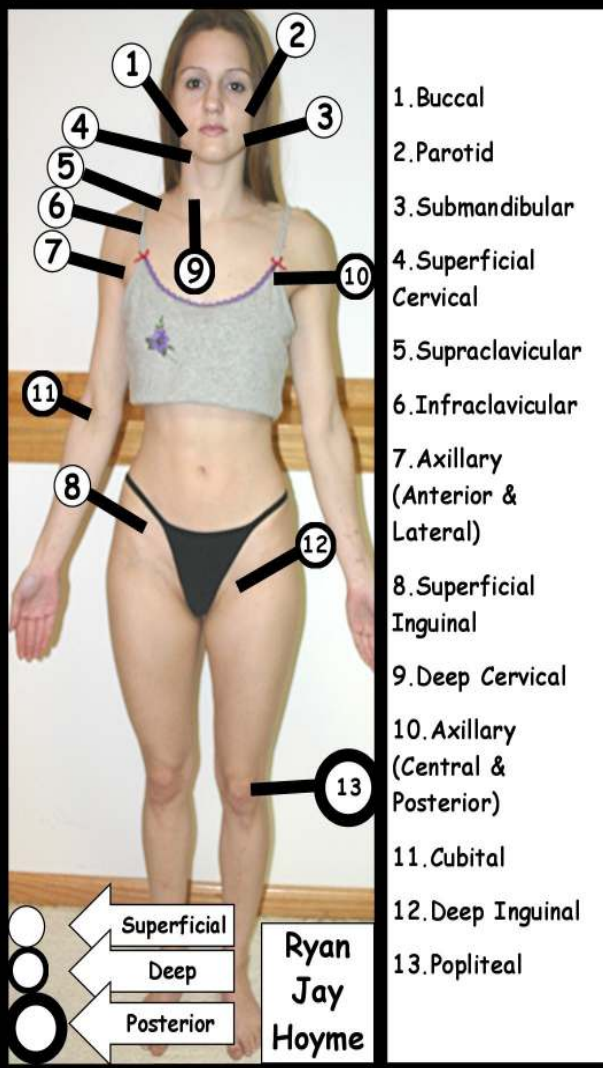
Treatment Guidelines from the American Lymphedema Institute is as follows:

1. Keep the entire at-risk area spotlessly clean. Natural gentle cleansing products are strongly encouraged. Dry skin in a gentle but thorough, non-vigorous fashion. Pay special attention to the creases in the skin and the areas between the fingers.
2. Make sure all fabric making contact with the skin is regularly laundered. This includes bandages and compression garments.
3. Use a top quality moisturizing lotion to maintain the integrity of the skin. The lotion you choose should not contain alcohol, dyes, lanolin, mineral oil, petroleum products, talc, or perfumes. The lotion should have antiseptic properties and correct pH. If you have Lymphedema, apply before and after removing compression garments and after bathing.
4. Avoid chemical hair removers. If possible, use a well maintained electric razor, replacing heads regularly. Because of the danger of cuts and nicks, a straight razor is not recommended. If you choose to use one, wash the blades in hot soapy water, and change the regularly.
5. Avoid extreme temperature changes when bathing, showering, and swimming. Washing anything: dishes, floors, laundry. Receiving therapeutic treatments. At the gym; no sauna or hot tub
6. Protect the arm from weather extremes;
7. In hot weather seek air conditioning and keep limb cool.
8. In cold weather seek central heating. If you must go out, have the limb well bundled, but not sweaty.
9. In sunny weather, protect the limb with sunscreen and/or covering
10. Medical care, such as injections, blood pressure, drawing blood, allergy tests, etc needs to be performed on an unaffected limb. (Note: A leg may be used if both arms are at-risk) Any procedure which punctures the skin is to be avoided, including acupuncture.
11. Avoid all tight clothing, jewelry, and elastic bands on the affected limb, including watches, rings, and binding stockings.
12. Be careful cutting nails. Do not nick the skin or cut cuticles. If someone does your nails for you, inform them of your risk. If you must push back, use cuticle stick covered with cotton.
13. Avoid all types of traumas; cuts, scraped, bruises, burns, including sunburns, sports injuries, insect bites, all animal bites and scratches, and forceful impact. This does not mean withdrawing from life, be sensible, and protect yourself. Use a thimble if you sew, wear rubber gloves when washing dishes, or gardening, wear insect repellent. Any measure you can take to prevent the onset of Lymphedema is worth the effort, as it means avoiding a lifetime of maintenance and pain.
14. Avoid pushing, pulling, or lifting with the affected limb. Do not use over the shoulder straps on an affected arm. Do not lift anything over 15 pounds, less if you are out of shape or the weather is hot and humid. This includes the lifting of babies, children, and pets. Carry packages, purses, or briefcases only on your unaffected side, ask baggers at the store to place your bags in the car for you.
15. Exercise is important. However, if the affected limb begins to ache or feels tired, rest immediately, and elevate if possible. Consult a Lymphedema specialist before proceeding with an exercise routine. Safe recommendations are walking, swimming, or water exercise. If you have Lymphedema, it is important to be bandaged during exercise.
16. Avoid any repetitive movements, especially those against resistance.

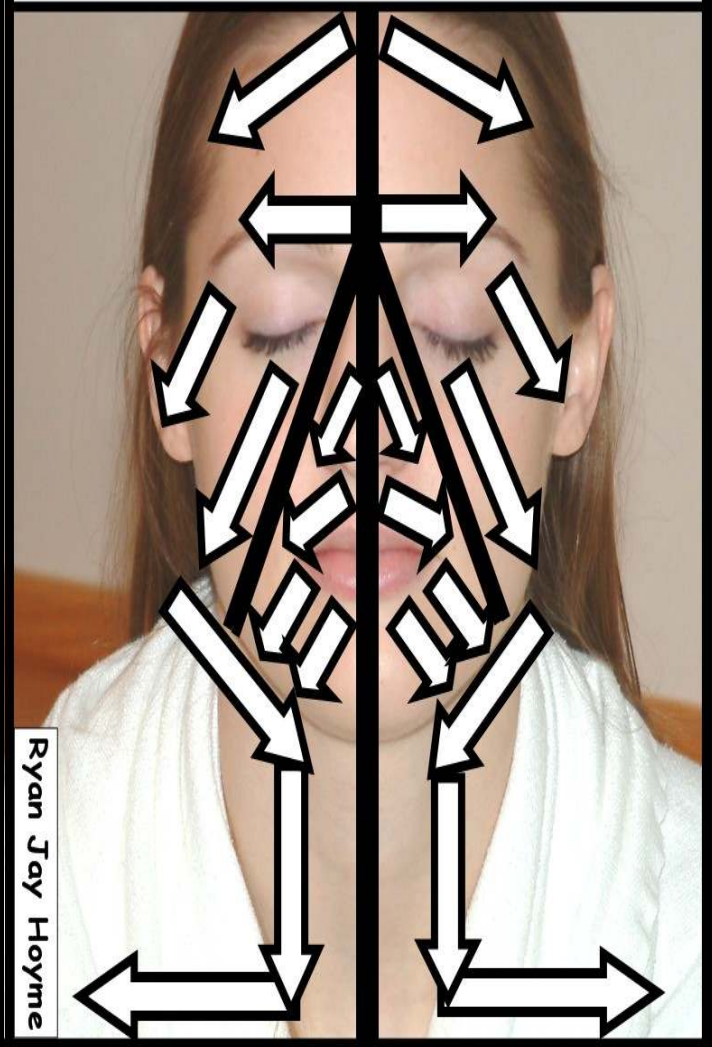
17. Never do anything to exhaustion. Your at-risk limb will fatigue more quickly than the rest of your body, and will take longer to recover from physical exertion. If your arm begins to ache, rest and elevate the limb. If elevation does not alleviate the symptoms, see your physician.
18. Barometric pressure is reduced at high altitudes, and can lead to the onset of Lymphedema, or exacerbate the condition. Therefore, a compression garment is extremely important if you travel by air, or hike in high altitudes. This is recommended even if you don't have Lymphedema. It becomes essential if you have Lymphedema, even if the swelling has subsided. In this case, you should consider wearing bandages when flying, as they offer greater protection than a compression garment. For an at-risk limb, over the counter garments are available for a modest cost. This small step may prevent a lifetime of maintenance.
19. If you already had an axillary dissection, you might want to wear soft pads under your bra straps, as it protects the lymph nodes, and vessels around the collar bone. Avoid wearing a heavy prosthesis, or under wire supports.
20. If you live in a damp or humid climate, and your skin is frequently moist, try dusting the skin with cornstarch. Keeping the skin dry helps reduce fungi.
21. Maintain your ideal weight and drink plenty of pure water. The recommended quantity of water is one ounce for every two pounds of body weight. If you do not normally drink this much water, increase intake gradually until the recommended quantity is achieved.
22. Many patients have a misunderstanding about protein. They believe that because Lymphedema is a high protein edema, they should avoid eating protein. This is not true. While we do not recommend a high protein diet, a non-protein diet will weaken connective tissues and cells. This in turn will make the condition worse.
23. It can be helpful to have a professional assessment done annually.
24. MLD, manual lymph drainage, is a recognized therapy not only as a treatment for Lymphedema, but for prevention as well. If you have had lymph nodes removed, your immune system is compromised. MLD helps to increase immune response. Other forms of massage therapy should be avoided, because they temporarily shut down the lymph vessels in that area. These include deep tissue, reflexology, rolfing, shiatsu, Swedish, etc.
25. Thoroughly examine the affected limb monthly. Do not ignore any swelling in the affected arm, chest wall, armpit, back, or breast. Report any swelling immediately. Or, if any of the following are present: redness, inflammation, blistering, rash, warmth in the limb, fever, change in the texture of the skin, or lymph leakage from the skin, see your physician immediately. Any of these can be the onset or worsening of Lymphedema.
26. The lymph system is an important part of the immune system, and removal of the lymph nodes compromises your immune system. If you get a cut, scrape, or other break in the skin, use a topical antibiotic and notify your physician. He/she may prescribe an antibiotic to reduce your risk of developing an infection. An infection in an at-risk limb can lead to the onset of Lymphedema if not treated promptly.
27. Lymphedema is often preventable, or at least can be postponed for many years. If you notice any slight increase in fingers, hand, arm, chest wall, back, or breast, see your physician for proper diagnosis. If you are diagnosed with Lymphedema, seek treatment. Lymphedema is easier to control at the onset, as further deterioration can be prevented and often an initial reversal is possible. Your limb will still be at risk, but you will remain symptom free. A renowned lymphologist Dr. Foldi has written, "There is no insignificant swelling."

Lymph Nodes

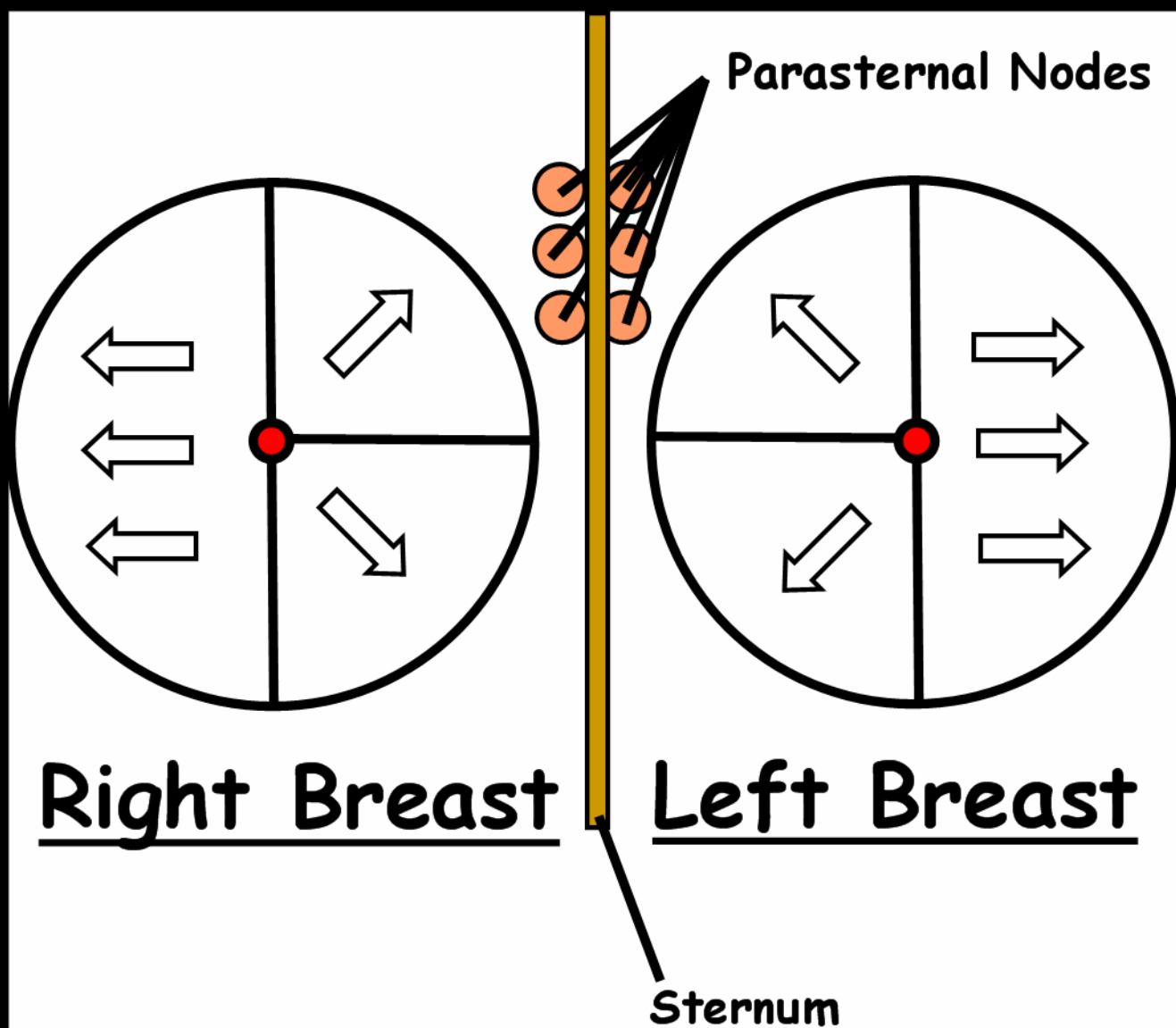
"Use less pressure on the lymph nodes"



Lymph Drainage Map



Breast Lymph Drainage



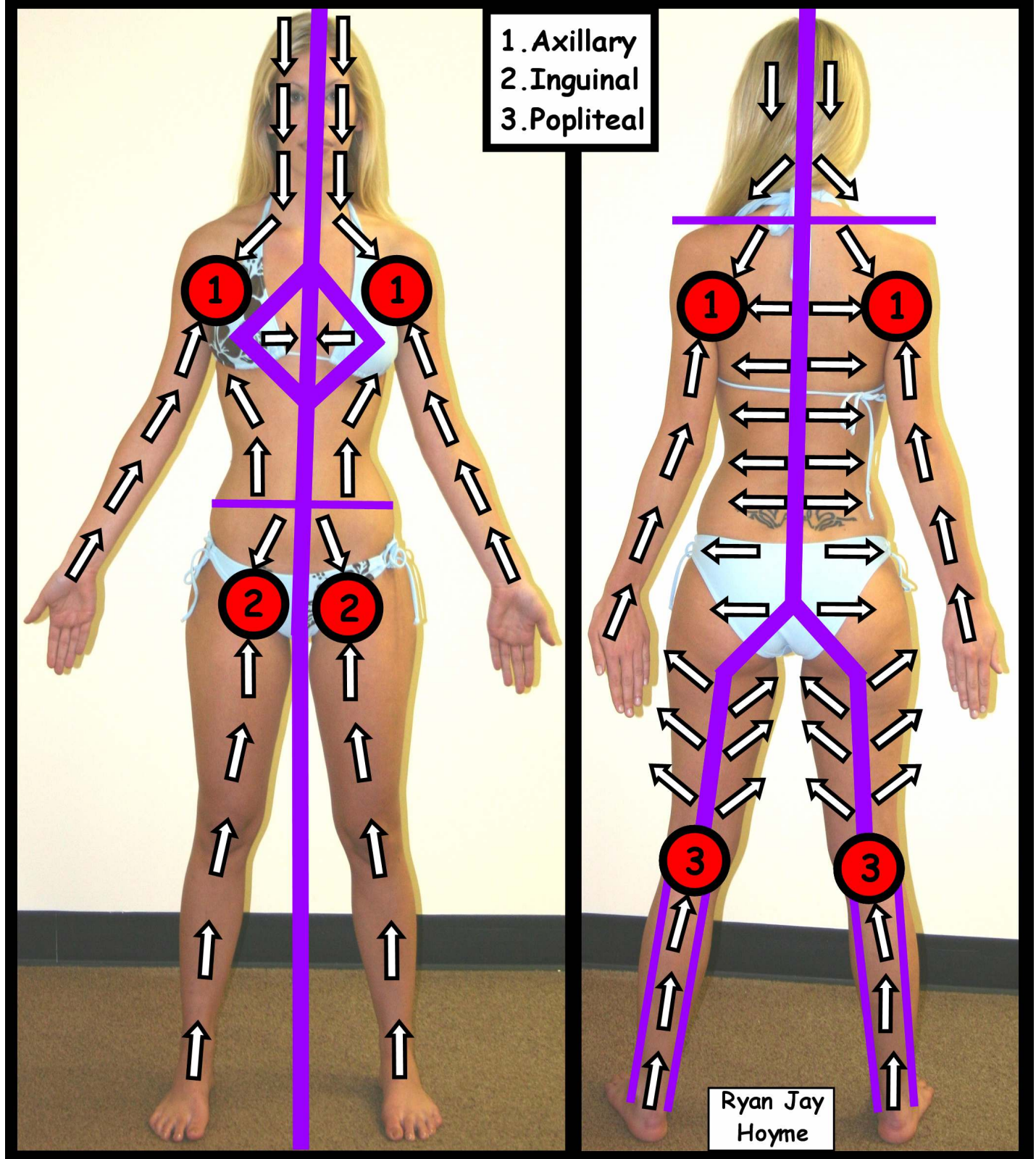
*Always start away from the areola and work your way in

*1-5 ounces of pressure

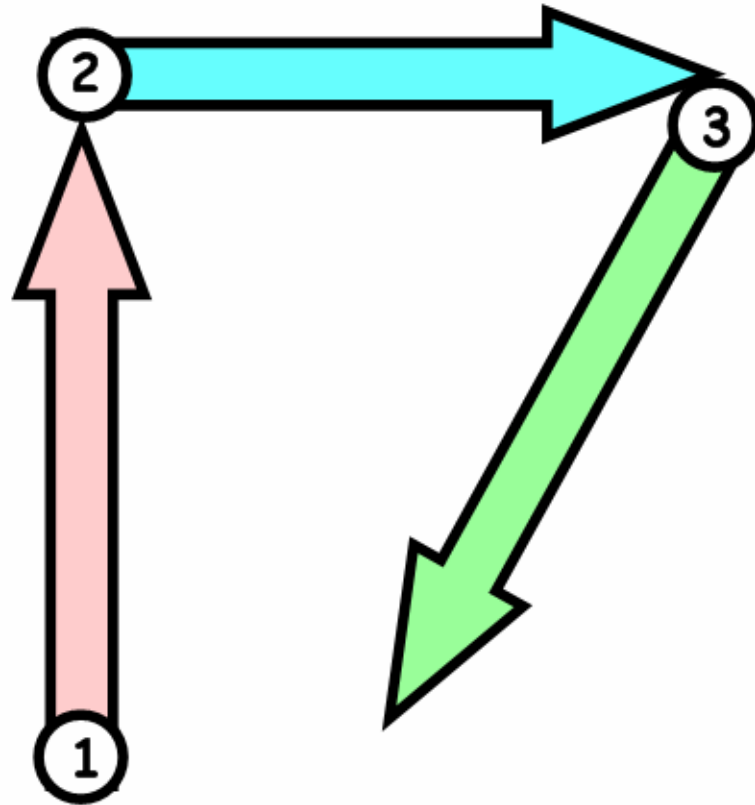
*Teach the female client to perform this themselves

Ryan Jay Hoyne

Lymphatic Drainage Directions



Lymph Technique



1. Push towards the draining area (3-5 ounces of pressure)

2. Move sideways from the draining area (2-4 ounces of pressure)

3. Pull away from the draining area (1-3 ounces of pressure)

*Have a rhythm with the technique and then pause for a second after each technique.

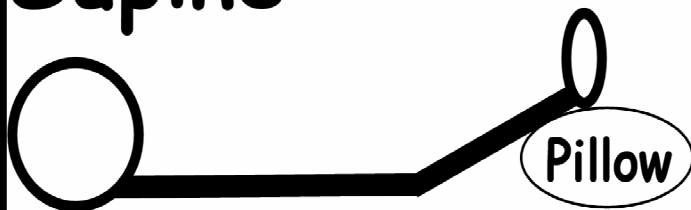
*Perform it 3 times in each area.

*After the 3rd time, move a 1/2 to 1 inch distal and start again.

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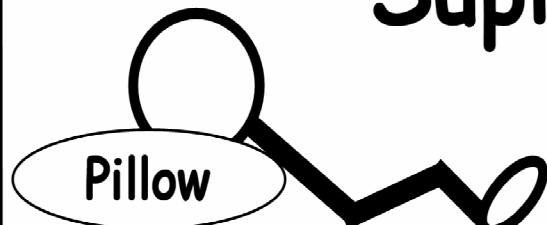
MLD Positions

Supine



Elevate Leg

Supine



Elevate Head

Supine



Elevate Arm

Prone



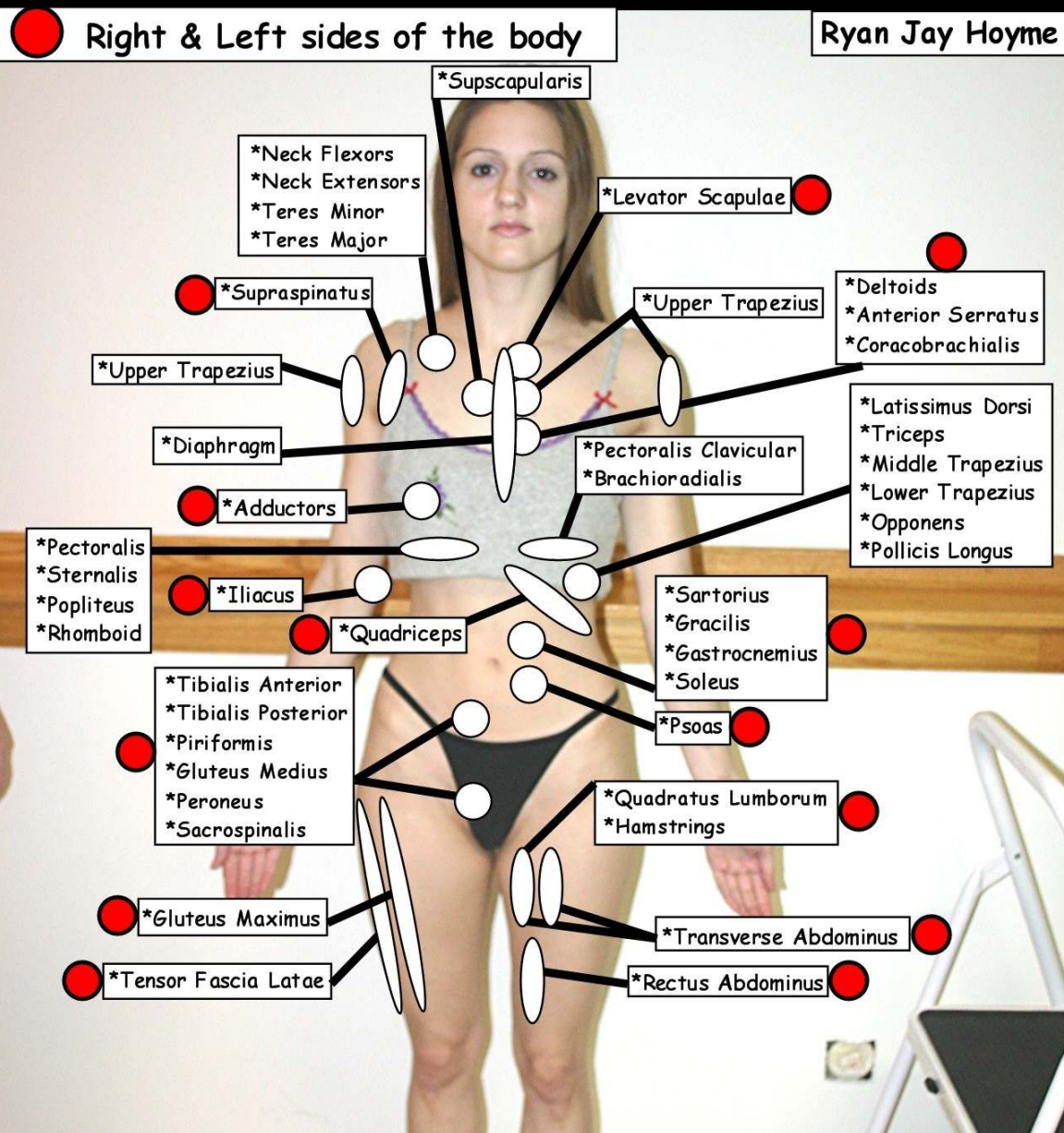
Elevate Calf

* Always have extra pillows available to elevate the area being worked on.

* The lymph system flows better, when that area is raised above their heart.

Ryan Jay Hoyne

Neurolymphatic Reflex Areas

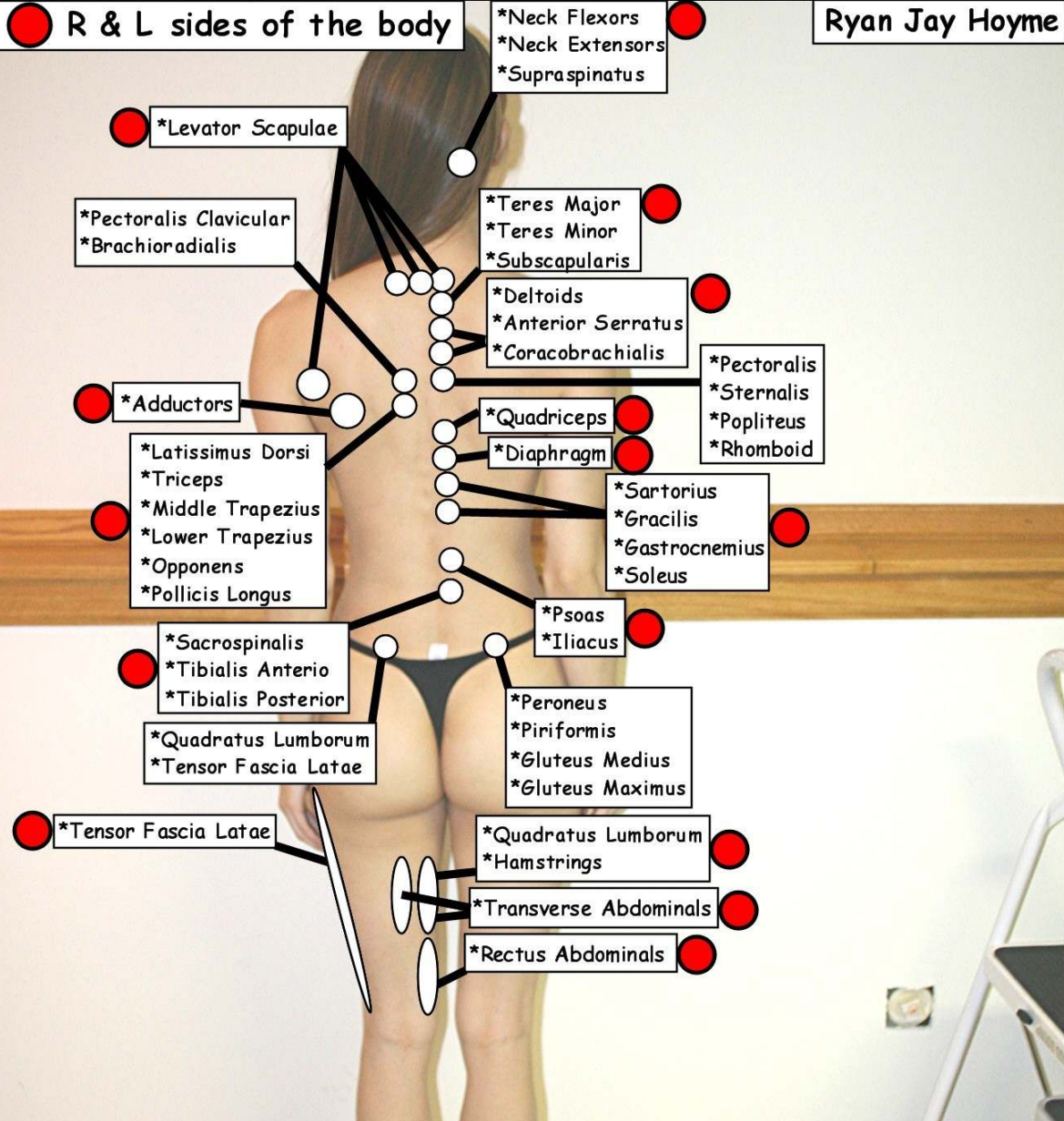


*Lymph movement is increased in the muscles and organs by stimulation of neurolymphatic reflexes located primarily on the front and back of the trunk and on the medial and lateral aspects of the thigh.

*Affected points may be massaged with strong, deep friction massage for 20-30 seconds.

*These points may be quite tender and more evident on the front of the body.

Neurolymphatic Reflex Areas



*Lymph movement is increased in the muscles and organs by stimulation of neurolymphatic reflexes located primarily on the front and back of the trunk and on the medial and lateral aspects of the thigh.

*Affected points may be massaged with strong, deep friction massage for 20-30 seconds.

*These points may be quite tender and more evident on the front of the body.

Lymph Treatment

Base of the neck- Start at the right side of the neck just above the clavicle. With a light compression action you move towards the clavicle- sternal sinus. From there you move up the side of the neck to include the entire area from the occiput to the submandibular area. And make sure you include the cervical spinous process. Then continue to include the SCM. Finish with superficial effleurage in a downward direction on entire side of head and neck.

Pectoral and axillary area- Right side compressions and strokes begin along the sternal and clavicular borders and are directed toward the center of the body. Continuing down and out to cover the entire chest area. If client is female avoid pressure directly on mammary glands or breast tissue. Finish with a light brushing and superficial effleurage directed from the clavicle and sternum toward the axillary area.

Right arm- Support the arm abducted and elevated to expose the underside of the arm and axillary area. Do compression movements to the entire arm beginning from the axillary area (proceeding distally) while directing the compression toward the bone and up the arm toward the shoulder. Finish with light brushing and superficial effleurage to encourage lymph movement toward the axillary area.

Axillary area- Abduct and extend the arm to expose the axillary area. Apply gentle compressions directed toward the axillary fold. Finish with light effleurage directed toward the axillary from all directions.

(FYI- right side typically done 1st then left) - Repeat previous four steps to the left.

Abdomen- The Lymph from the abdomen, lower extremities, and the digestive system empties into the cisterna chili located at the inferior end of the thoracic duct, at the level just inferior to the umbilicus. Direct all compression movements toward this area. Begin compressions on the upper abdomen near the costal area, directing the compression upward and toward the center while proceeding down the inguinal crease in the groin area. Movements are more effective if the knees are elevated so the feet remain flat on the table. Finish with effleurage. Repeat the movements on the other side of the abdomen.

Anterior Legs- Begin in the groin area of the right leg and continue light compression movements on down the medial aspect of the leg. Direct force of the compression into the leg and upward. Pay special attention to the medial portion of the thigh. Finish the massage with light brushing and superficial effleurage, continuing up to the abdomen. Repeat the massage on the left leg.

Back of legs- The client should assume a prone position. Begin in the gluteal area around the iliac crest, and apply compression movements covering the entire buttock and posterior leg, proceeding from hip to heel. Use light pressure in the popliteal space behind the knee. Finish massage with light brushing and superficial effleurage. Do the other leg and buttock.

Back- In Lymph massage little effect is achieved over a large portion of the back. But there are neurolymphatic reflexes along both sides of the spine that may be stimulated with deep friction. Continue with compression massage in the lats, teres, and upper trap areas. Deep effleurage over entire back concludes the massage.