

Brief Self Manual Lymphatic Drainage (MLD) for Neck, Armpit, Groin (NAG)

Things to know about MLD

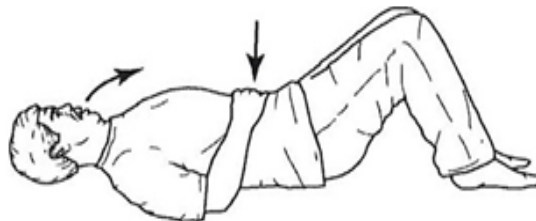
- Use only gentle pressure, just enough to see the skin move.
- Massage the skin in half circles (“rainbow” shape massage stroke). After it is stretched, let the skin return to the starting position.
- Massage should not be painful.
- Do not rub the skin red.
- Do the massage frequently. Try to do this every 1 to 2 hours for a total of 8 to 10 times per day.
- Repeat each step 10 to 15 times.

How to do Brief Self MLD (NAG)

You should only do this massage if you have been instructed by a physical therapist.

Step 1: Deep breathing

Deep breathing: Exhale while pulling your belly button into the spine. When you exhale, blow out the air like you are blowing out a lot of birthday candles. When you are out of air, relax your belly muscles and let the inhale happen on its own.



This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

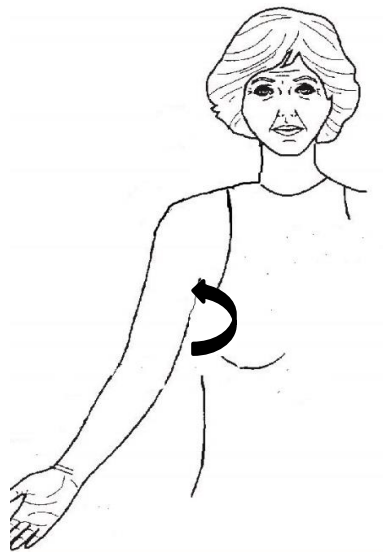
Step 2: Neck

- Find your collar bone. Move your fingertips into the “hollow” area behind the collar bone.
- Massage the skin in half circles (“rainbow” shape massage stroke).
- Massage the skin towards the neck and forward toward the collar bone. After it is stretched, let the skin return to the starting position.
- Do this 10 to 15 times.



Step 3: Armpit

- Place your hand in your armpit and use the “rainbow” shape massage stroke to massage the skin forward and up, toward the neck.
- After it is stretched, let the skin return to the starting position.
- Do this 10 to 15 times.



Step 4: Groin

- Place your hand on the top of your thigh with your thumb near the fold where your leg joins the body.
- Massage the skin in half circles (“rainbow” shape massage stroke) stretching the skin up and out towards the side of your leg.
- After it is stretched, let the skin return to the starting position.
- Do this 10 to 15 times.

