

LBS MLD TREATMENT PROTOCOL

Non-oncology patients

Determine treatment area and regional lymph nodes (RLN)

Stimulate RLN with stationary circles

Perform stationary circles most proximally to RLN pushing fluid towards nodes → move hands distally and perform stationary circles towards RLN
→ continue moving distally until you reach area of injury or end of limb

Move fluid distal to proximal now with pumps or stationary circles back towards RLN

Oncology Patients

Determine treatment area, RLN, and secondary RLN – the closest group of lymph nodes that have NOT been affected by treatment

Stimulate the affected RLN (assuming no skin breakdown) AND secondary RLN

Perform stationary circles STARTING at affected RLN and move TOWARD secondary RLN

Perform stationary circles at proximal area of swelling → move hands distally covering entire swollen area

Move fluid distal to proximal towards UNAFFECTED RLN, BYPASSING affected RLN