

Self Massage for Right Breast Lymphedema

1. Clear nodes at neck

This can be done most effectively one side at a time, using the palm of your hand and gently stroking (1a). This can also be done using both hands simultaneously in a “choke” type hold (1b).

- Place opposite hand to opposite side of neck with fingers, palm-side along neck, just below ear.
- Gently stretch the skin in a downward stroking motion (toward heart).
- Repeat 10 times.

1a



1b



2. Clear the stomach/abdomen

Abdominal clearing includes deep breathing to reach the deep nodes. Hand is placed on top of the other hand, between breast bone and navel.

- Take a deep breath in.
- While moving hand in a circular motion, exhale quickly, pressing deeper with each circle.
- Stop applying pressure immediately after all air is exhaled.
- Repeat 3 times.

2



3. Clearing along the *right* trunk

Divide the *right* trunk into sections that are as wide as your hand (approximately _____ sections). Clear toward the inguinal/groin.

- Place hand at inguinal/groin.
- Gently stretch the skin downward in a stroking motion.
- Repeat 5 to 10 times in each section, moving upward toward the armpit.

3



4. Clear *right* armpit/axillary region

Hand is placed along side of trunk, just below armpit, with fingers pointing toward back.

- Gently stretch skin in upward stroking motion toward middle of armpit.
- Repeat 10 times.
- **Caution** – *Never move fingers up into armpit and then down into arm in scooping fashion. This would cause fluid to move into arm.*

4



5. Clear back

- See back clearing sheet attached. (You may do this either using a towel or with assistance.)

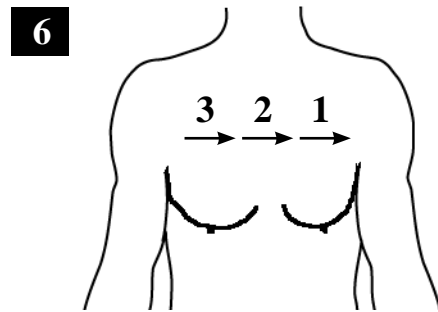
6. Clear across chest

Divide chest into three sections –

1. **Left** unaffected
2. **Middle**
3. **Right** affected

Start at **left** unaffected side.

- Gently massage each area in a stroking motion 5 to 10 times, always with stroking motion toward the **left** unaffected side.



7. Clear the **right** breast

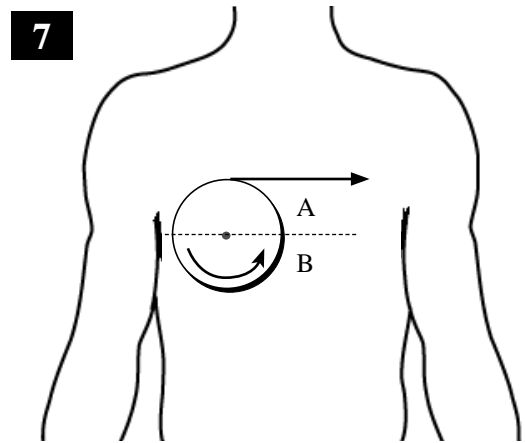
Divide breast into two halves – upper (A) and lower (B).

A. Upper breast

- Massage upper half of breast toward the **left** armpit.
- Use a gentle stroking motion 5 to 10 times, always moving fluid toward **left** unaffected armpit.

B. Lower breast

- Massage lower half of breast toward the **left** armpit.
- Use a gentle stroking motion 5 to 10 times, always moving fluid toward **left** unaffected armpit.



8. Re-clear armpit region

- Repeat 10 times.
- See instructions for #4 above.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.