Self Lymphatic Massage of Arm

Self massage of arm

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.

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.

3. Clearing along the trunk
   Divide the 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.

4. Clear 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.*

5. Clear shoulder
   • Place hand on top of shoulder.
   • Gently stretch the skin upward in a stroking motion.
   • Repeat 10 times.

continued
6. **Clear upper arm**
- Divide upper arm in sections based on hand width.
- Move down the arm toward elbow, beginning at shoulder.
  Always massage in an upward direction.
- Gently stretch the skin upward in a stroking motion.
- Repeat 10 times.

7. **Clear elbow**
Hand is placed at bend of elbow with palm on elbow crease.
- Gently stretch the skin upward in a stroking motion.
- Repeat 10 times.

8. **Clear lower arm**
- Divide lower arm in sections based on hand width.
- Move down the forearm toward wrist, beginning at elbow.
  Always massage in an upward direction.
- Gently stretch the skin upward in a stroking motion.
- Repeat 10 times in each section.

9. **Clear hand**
   a. **Back of hand**
      - Place fingers on back of hand.
      - Gently stretch the skin upward in a stroking motion.
      - Repeat 10 times.
   
   b. **Palm**
      - Place fingers on base of hand.
      - Gently stretch the skin upward in a stroking motion.
      - Repeat 10 times.

   - Place fingers on palm at base of fingers.
   - Massage from palm to back of hand, moving fingers through the web spaces to back of hand.
   - Repeat 10 times.

10. **Fingers**
    - Massage along sides of fingers, moving toward hand.
    - Repeat 10 times each finger.

11. **Repeat all steps in reverse order** (#10 through #1).