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.

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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).

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.

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