Self Lymphatic Leg Massage

Self leg massage

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 also can 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 in a deep breath.
- 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 armpit/axillary region
Hand is placed along side of trunk, just below armpit, with fingers pointing toward back.
Clear toward the inguinal/groin.
- Gently stretch the 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 can cause fluid to move into arm.

4. Clearing along the trunk
Divide the trunk into sections that are as wide as your hand (approximately ___________ sections). Clear toward the armpit.
- Place hand at armpit.
- Gently stretch the skin upward in a stroking motion.
- Repeat 5 to 10 times in each section, moving downward toward the inguinal/groin.

5. Clear the groin
Hand is placed on a diagonal along underwear line.
- Gently stretch the skin upward, in a stroking motion.
- Release pressure.
- Repeat 10 times.
6. Clear the thigh
- Divide thigh into three sections from groin to knee.
- Begin at top of thigh, just below groin. Place hands around thigh.
- Move hands in a gentle stretch upward, in a stroking motion.
- Repeat 10 times in each section.

7. Clear the knee
Hands are placed on either side of knee, with fingers behind knee.
- Gently stretch the skin upward, in a stroking motion.
- Repeat 10 times.

8. Clear lower leg
- Divide lower leg into three sections from knee to ankle.
- Beginning just below knee, place hands around leg.
- Move hands in an upward, stroking motion.
- Repeat 10 times in each section.

9. Clear ankle
- Place hand around ankle.
- Gently stretch the skin upward, in a stroking motion.
- Repeat 10 times.

10. Clear foot
- Place hand over top of foot.
- Gently stretch the skin across top of foot, from outside of foot to inside of ankle.
- Repeat 10 times.

11. Clear toes
- Massage along sides of toes, moving toward foot.
- Repeat 10 times each toe.

12. Repeat all steps in reverse order
   (No. 11 through No. 1).