

Self Massage for Left 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 left trunk

Divide the *left* 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 left 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



Continued

5. Clear back

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

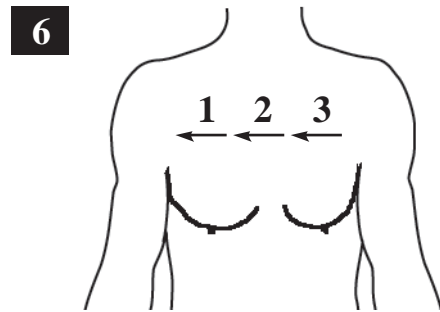
6. Clear across chest

Divide chest into three sections –

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

Start at **right** unaffected side.

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



7. Clear the left breast

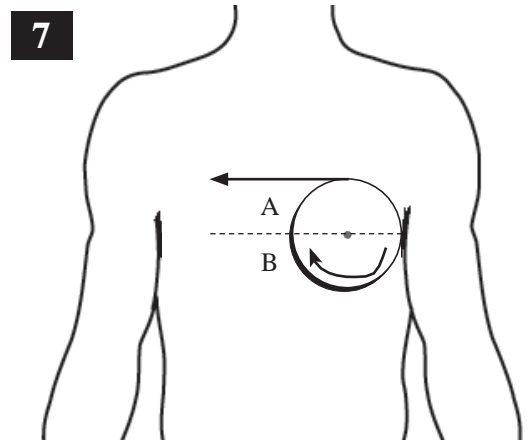
Divide breast into two halves – upper (A) and lower (B).

A. Upper breast

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

B. Lower breast

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



8. Re-clear armpit region

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