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.

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 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.

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.
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.