

Brief Self Manual Lymphatic Drainage (MLD) for Neck, Armpit, Groin (NAG)

Here are instructions on how to do manual lymphatic drainage to help remove swelling from your neck, armpit, and groin (NAG).

Things to know about MLD

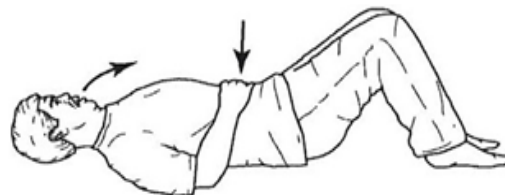
- Use only gentle pressure, just enough to see your skin move.
- Move the skin in half circles (“rainbow” shape strokes) then let the skin return to the starting position.
- MLD should not be painful.
- Do not rub your skin until it becomes red.
- Perform MLD each day.
- Try to do this every 1 to 2 hours for a total of 8 to 10 times per day.
- MLD should take about 5 to 7 minutes.
- Repeat each of the following MLD steps 5 to 10 times.

How to do Brief Self MLD of the neck, armpit, and groin (NAG)

It is important to only do MLD if you have been told to do so by your physical therapist. Your physical therapist will teach you how to do this at home.

Step 1: Deep breathing

Abdominal (belly) breathing: Breathe in (inhale) so your belly expands and rises. Breathe out (exhale) to deflate your belly and draw your belly button in towards your spine. Exhale all of the way. The position shown is a good place to practice this type of breathing but you do NOT have to lay down each time you do this throughout the day.



This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

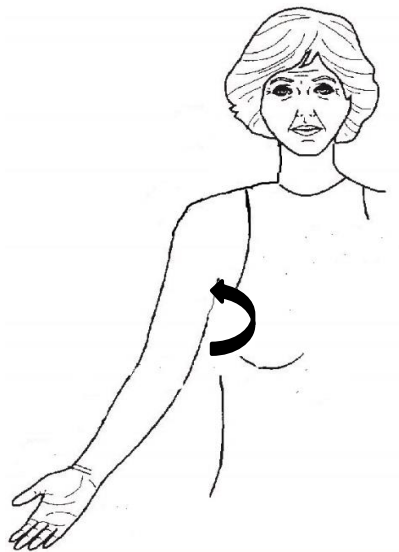
Step 2: Neck

- Find your collar bone. Move your fingertips into the “hollow” area behind the collar bone.
- Move the skin in half circles (“rainbow” shape strokes).
- Move the skin towards the neck and forward toward the collar bone. Let the skin return to the starting position.
- Do this 10 to 15 times.



Step 3: Armpit

- Place your hand in your armpit and use the “rainbow” shape stroke to stretch the skin forward and up, toward the neck.
- Let the skin return to the starting position.
- Do this 10 to 15 times.



Step 4: Groin

- Place your hand on the top of your thigh with your thumb near the fold where your leg joins the body.
- Move the skin in half circles (“rainbow” shape strokes) stretching the skin up and out towards the side of your leg.
- Let the skin return to the starting position.
- Do this 10 to 15 times.

