

## Manual Lymphatic Drainage (MLD) Massage: Head and Neck (Anterior Pathway)

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Here is information on how to use massage to help drain fluid from your head and neck.

### Things to know about MLD massage:

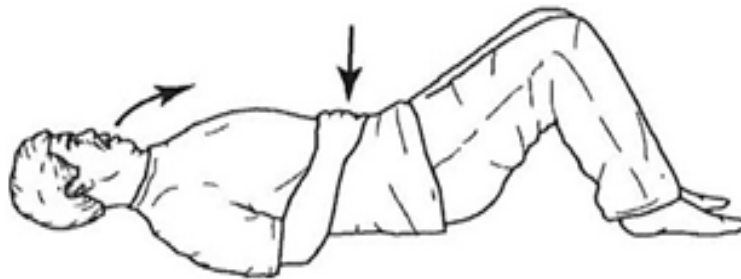
- Use only gentle pressure, just enough to see the skin move.
- Massage should not be painful.
- Do not rub the skin red.
- Use the flat surface of your fingers, not your finger tips.
- Do these massages each day.

### How to do MLD Massage:

**You should only do these exercises if you have been instructed by a physical therapist.**

#### 1: Abdominal (belly) breathing

- Breathe in (inhale) so your belly expands. Breathe out (exhale) to deflate your belly, pulling it in toward your spine.
- Repeat 3 times.



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

## 2: Top of Shoulder

- Find your collar bone.
- Use 3 fingers to gently massage the soft spot on the flat part of your shoulder.
- Move the skin in half circles (“rainbow” shape stroke).
- Move the skin towards the collar bone and out toward the shoulder. After it is stretched, let the skin return to the starting position.
- Repeat 10 times.



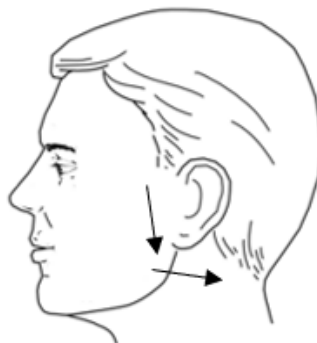
## 3: Back of Neck

- Gently massage the back of your neck from your hairline toward the base of the neck.
- Repeat 10 times.



## 4: Ear

- Using the flat surface of your fingers and hand, pull down skin in front of your ears. Then push back under your ears.
- Repeat 10 times.



## 5: Lower Jaw and Neck

- Massage the area under your jaw and on your neck. Begin in the middle, pushing skin back toward the corner of your jaw and earlobe.
- Do this on the right and left sides.
- Repeat 10 times on each side.
- If instructed by your physical therapist, you can come straight down the front of your neck.



## 6: Upper Jaw

- Begin at the edge of your lips and stretch skin toward the ear lobe.
- Repeat 10 times.



## 7: Cheek

- Massage the upper cheek, below your eyes. Aim toward the corner of your jaw.
- Repeat 10 times.



- Do the massages again, starting with number 7 and ending with number 1.