

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

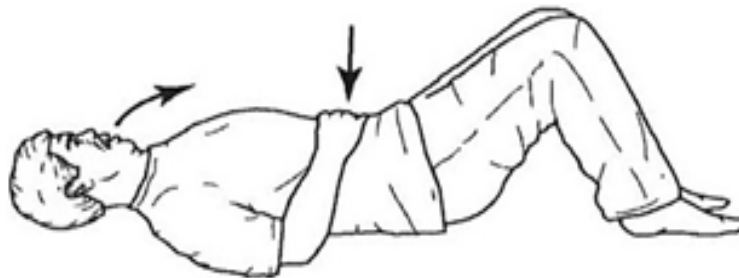
- Use only gentle pressure, just enough to see the skin move.
- Massage should not be painful.
- Do not rub the skin red.
- Use the flat surface of your fingers, not your finger tips.
- Do these massages each day.

### 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

- Place your hand on the soft spot behind your collar bone.
- 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.



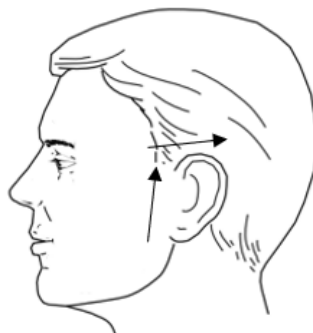
## 3: Back of Neck

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



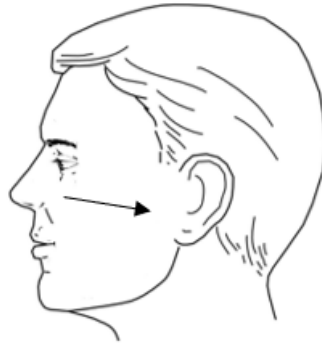
## 4: Ear

- Using the flat surface of your fingers and hand, push upward in front of your ears. Then push back around your ears.
- Repeat 10 times.



### 5: Cheek

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



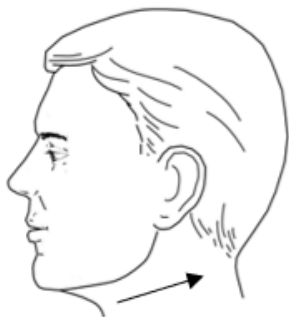
### 6: Upper Jaw

- Begin at the edge of your lips toward the ear lobe to massage the upper jaw.
- Repeat 10 times.



### 7: Lower Jaw and Neck

- Massage the area under your jaw and on your neck. Begin at the middle, pushing back toward the corner of your jaw and earlobe. Do this on the right and left sides.
- Repeat 10 times.



### 8: Do the massages again

- Starting with number 7 and ending with number 1.