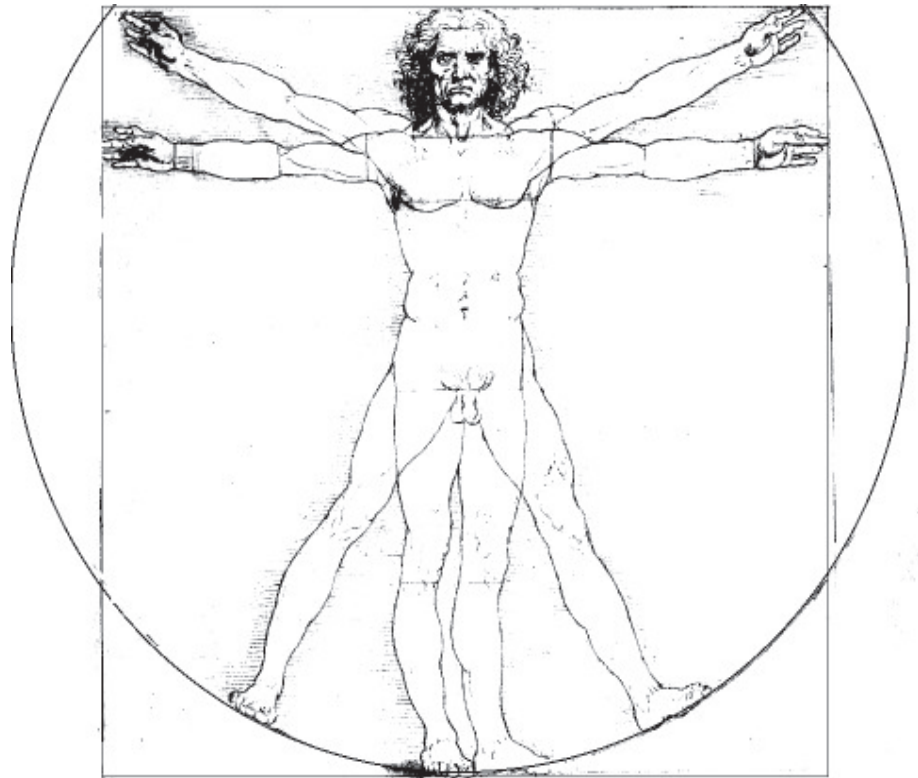


# Lymphatic Drainage Massage



with  
Sean Riehl

*Welcome to my manual on Lymphatic Drainage Massage!*

*Good, scientifically based Lymphatic Drainage work has traditionally been hard to find, and the people who have taught the good stuff have attempted to maintain control by not allow others to teach it. Therefor lymphatic drainage has been a bit of a mystery and been rather expensive to learn.*

*I believe that Lymphatic Drainage is not mysterious at all, and is a rather simple, straightforward modality. My hope is that the video and this manual will give you another tool to use so that you can help your clients even more. My philosophy is that the more everyone knows about the body, the better. I hope you enjoy learning this work as much as I have enjoyed 'letting the secret out'.*

*Enjoy!*

*Sean Riehl*

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*Disclaimer- As with any massage modality, if you are going to be working on people with serious medical conditions, working under the guidance of a qualified medical doctor is essential.*

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This manual is not intended to be used alone, but instead as a support for the video footage. This manual should provide you with a quick reference to the strokes and their order, as well as some of the other information found in the videos.

## **The lymph and circulatory system**

The circulatory system distributes blood and fluid throughout the body. The heart pumps oxygen rich blood through arteries, which branch out to form smaller vessels which are called arterioles. When they become so small that the walls are one cell thick, they are called capillaries. All exchanges of fluid, nutrients, and wastes between the blood and tissues occur across the walls of capillaries.

When plasma passes out of capillary walls into the surrounding tissues it is called interstitial fluid. This interstitial fluid contains proteins that help to draw fluid across the capillary wall. After bathing the cells, 90-98% of the interstitial fluid reenters the capillaries, and returns to the heart through the veins. The other 2-10% returns via the lymph system.

The lymphatic system starts at the initial lymphatic. Over 70% of the initial lymphatics are located in and just under the skin. The initial lymphatic is a very delicate structure, one cell thick made up of endothelial cells. Those cells are supported within the connective tissue by filaments that help to anchor them in place. When the pressure within the interstitial space increases due to a buildup of fluid, or when the skin is slightly stretched, the filaments deform the wall of the initial lymphatic, opening it up. Then the interstitial fluid flows in and starts to move along the channel. At this point we start calling it lymph. Although only 2-10% of the interstitial fluid is returned via the lymphatic vessels, the lymph vessels are vital because they help to remove proteins that are too large to get back through the capillary wall. The spaces that open in the initial lymphatic are 4 to 6 times bigger than the spaces in the capillaries. Removal of protein is essential because proteins draw water to themselves, so excess protein in the interstitial spaces causes swelling or edema. The lymph vessels also collect dead cells, waste products, bacteria, viruses, inorganic substances, water and fats.

By performing lymphatic drainage massage correctly, we can stimulate the opening of the initial lymphatic and increase the volume of lymph flow by as much as 20 times.

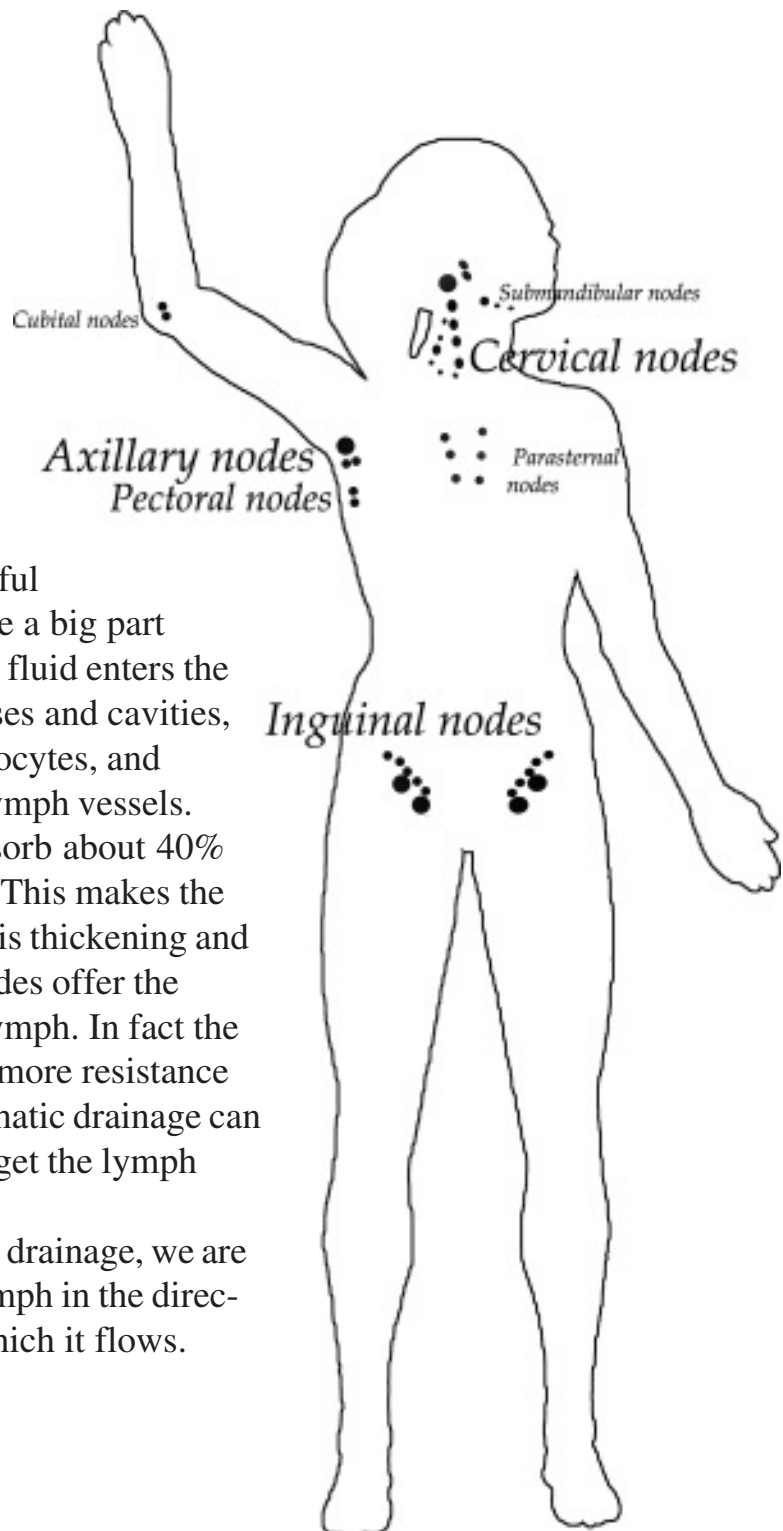
## Lymph nodes

Lymph nodes can be as small as the head of a pin, or as big as an olive. There are 400-700 lymph nodes in the body, half of which are located in the abdomen. There are also a large number in your neck- 170 to 200.

The primary function of lymph nodes is to filter and purify the lymph. The lymph nodes produce various types of lymphocytes. Lymphocytes destroy harmful substances within the body, and are a big part of the immune system. The lymph fluid enters the node, moves through various sinuses and cavities, mixes with lymphocytes and phagocytes, and leaves the node through Efferent lymph vessels.

The lymph nodes also reabsorb about 40% of the liquid content of the lymph. This makes the lymph much thicker. Because of this thickening and the filtering process, the lymph nodes offer the greatest resistance to the flow of lymph. In fact the lymph nodes offer about 15 times more resistance than the vessels themselves. Lymphatic drainage can help overcome this resistance and get the lymph flowing.

When performing lymphatic drainage, we are always focusing on pushing the lymph in the direction of the node group towards which it flows.



Lymphatic Drainage massage increases the volume of lymph through the nodes, which can increase the production of lymphocytes by as much as 30%

## **Edema**

Each cell is nourished by the nutrients, oxygen and proteins that flow across the walls of capillaries into the interstitial fluid. There is a dynamic balance between the forces that help those nutrients to first exit the capillaries, and then get reabsorbed back into the blood stream. Proteins play a big part in this transfer because they have a tendency to draw water to themselves. This means that the proper amounts of protein on both sides of the capillary wall are vital to keep the tissues balanced. If there are too many proteins within the interstitial spaces, fluid will start to accumulate, causing edema. The lymph system's role of removing proteins is vital to keeping edema down. If the lymph system becomes sluggish, or is damaged by surgical removal of lymph nodes, edema can develop. This type of edema is called **lymphostatic edema**- or a high protein edema. Lymphatic drainage can be helpful in reducing this type of edema because the cause is a reduced functioning of the lymph system.

Other causes of edema can be a chemical imbalance in the body caused by liver disease, diabetes, or a variety of other ailments. This type of edema is called **lymphodynamic edema**, and requires other forms of therapy due to the fact that it is a chemical imbalance. (Kasseroller, R., Compendium of Dr. Vodder's Manual Lymph Drainage, Haug, Heidelberg, 1998)

### **Lymphostatic edema**

In lymphostatic edema, the cause of the edema is a reduction in the function of the lymph system. Since the lymph vessels are not carrying away the excess fluid, edema develops in the interstitial spaces. Lymphostatic edema can be congenital- the persons lymph system is dysfunctional from birth. More commonly, however, damage to the lymph vessels has been caused by; radiation, scars, burns, parasites or tumors. Lymph nodes may have been removed by surgery. It is in these cases that lymphatic drainage can be helpful. When working the lymphostatic edema, it is essential that the work be combined with other modalities like bandaging, proper exercise, meticulous skin care & diet. It is therefore important that you are part of a medical team when doing this type of work. This type of work also requires more advanced training than can happen on a video tape. Therefore, if you want to work with edema patients, you must attend a school that teaches such work. There are many other conditions that do not require such intensity, and which this work can help, so let's discuss them now.

## **Lymphodynamic edema**

In *lymphodynamic edema*, the cause of the edema lies in a chemical imbalance of the body.

There are three main causes of this- *increased capillary pressure, decreased plasma proteins or increased capillary permeability.*

*Increased capillary pressure* means that on the venous side of the capillaries, there is more resistance, which makes it harder for fluid to reenter the capillary once it has gotten into the interstitial space. One of the most serious and most common causes of this type of edema is heart failure. In heart failure, the heart fails to pump blood normally from the veins into the arteries, this raises venous pressure in the capillaries, making it harder for fluid to return to the capillaries once it has entered the interstitial space. In this condition the kidneys sense the decrease in arterial flow, and respond by decreasing the amount of water and salt that they filter out. This increases the blood volume, making the problem worse.

Other causes of increased capillary pressure can be obstruction of the veins, or failure of the venous pump due to paralysis, immobilization, or failure of the venous valves.

*Decreased Plasma proteins* in blood is important because proteins draw water to themselves, and the great number of proteins in the blood is one of the main ways that interstitial fluid is drawn back into the capillaries. Without these proteins in the capillaries, the fluid balance is upset which increases the fluid content in the interstitial spaces. This can be due to kidney dysfunction where there is a loss of protein through the urine. Liver disease can also upset the protein balance as well as malnutrition.

*Increased capillary permeability* means that excessive fluid flows out of the capillaries into the interstitial fluid. This can be caused by immune reactions that cause a release of histamines and other immune products, or by toxins or bacterial infections.

The body has 3 ways of balancing lymphodynamic edema and keeping the tissues healthy. First of all when the excess fluid enters the interstitial spaces, it creates extra pressure, which makes it hard for more fluid to enter. Next when interstitial fluid increases, the lymph system responds by increasing capacity, taking out as much as 20 times the amount of fluid as normal. And finally, as the lymph vessels increase their removal of water, they also remove proteins, which reduce the water uptake even more. In this way the body keeps the fluids balanced. When these compensations are overwhelmed visible edema develops. Most of the time the root causes of lymphodynamic edema has to be addressed before lymphatic drainage massage is applied. Because of this it is necessary to have a medical doctor's involvement and diagnosis when confronted with any type of edema.

## **Contraindications**

For the most part lymphatic drainage massage is safe. With such a light touch, the danger of causing damage to the tissue is slim. However, there are a few conditions that are contraindicated, and these happen when an increase of lymph flow would be detrimental. If you ever feel uncertain about working on anyone, that is a good sign to get clearance from their doctor before proceeding.

### **Acute inflammation, Malignant tumors, Thrombosis and Congestive heart problems**

1. Acute inflammation caused by bacteria, viruses, poisons or allergens are contraindicated. You can tell if this is the case because the tissues will be red, hot, and painful, with congestion accompanied by fever. Lymphatic drainage massage will push these substances into the lymph channels before the body has a chance to eliminate them through phagocytosis in the interstitial spaces. If you perform lymphatic drainage you can spread the toxic substances throughout the body.
2. Malignant tumors are a contraindication for lymphatic drainage massage because of the fear of spreading the cancer. Wait until after the malignancy is treated to perform lymphatic drainage massage.
3. Thrombosis and phlebitis are two conditions that can lead to free floating blood clots. Usually people with these conditions will be in a hospital on blood thinners. If you are working in a hospital setting, do not work on these patients. In your practice, one indication of a possible femoral thrombosis is when the client has pain in one leg and a sudden swelling and bluish discoloration of the skin. People who are bedridden have a greater likelihood of developing thrombosis in the legs.
4. Congestive heart conditions. If the heart is not fully functioning the edema can be lymphodynamic, due to lack of venous return. Putting more fluid into the heart would only stress it more, worsening the condition.

### **Precautions**

Kidney problems- check with a physician before working

Bronchial asthma- the work can stimulate the vagus nerve, bringing on an attack. Avoid the sternum.

Thyroid problems- don't work around the throat

Medications, chemotherapy- because of the fear of increasing the dosage by draining the interstitial spaces

First 3 months of pregnancy- fear of miscarriage

Removed spleen- try shorter sessions at first

Menstruation- lymphatic drainage massage can increase the flow

Implants or fake bodyparts- fear of the immune system rejecting the body part.



## Indications

Lymphatic drainage massage is a profound technique to help increase lymph flow. With an increase of lymph flow immune function is increased. Harmful substances are removed from the tissues and neutralized in the nodes. It has also been shown that an increase in lymph flow stimulates an increased production of lymphocytes- enhancing immune function.

Lymphatic drainage in this arena can be applied to clients who are suffering from a lack of energy, or a sluggish immune system.

Lymphatic drainage massage is also useful when working with clients who have sports injuries. After the initial inflammatory stage has passed, lymphatic work can be applied after Sports or Neuromuscular massage has been completed. This will help to clear the tissue of debris, and help to reduce the minor edema that sometimes occurs after deep massage. Continued applications of lymphatic drainage while the client is healing can help to enhance the tissue regeneration process by keep the tissue as health as possible.

Not only is lymphatic drainage useful for sports injuries, but it can also help scars. Lymph work has been shown to help the scarring process by enhancing circulation and immunity. As the lymph flow around the scar is increased, lymph vessels that have been damaged are stimulated to heal, and the increased lymph flow also draws away toxins, improving the health of the tissues. When attempting to assist healthy scar formation, it is important not to push the lymph into the scar, which can cause the formation of keloids (a buildup of collagen fibers).

Beyond its application for injuries, Estheticians have been using lymph drainage massage for years to enhance the quality of the skin, especially on the face. When the lymph is flowing, the cells are being bathed in fresh fluid, causing the skin to look fresh and alive. We have all experienced having minor edema in our faces- that puffy feeling and baggy eyes when we first wake in the morning after a long night. Usually after a few minutes of being vertical the lymph system starts to drain the face. A great way to see the power of lymph drainage is to apply a few strokes on one of those mornings, and watch in just a few minutes the tissues drain right before your eyes- leaving you looking vibrant and healthy.

Another common use for lymph drainage massage is with women who have had breast cancer and had some axillary lymph nodes removed. Sometimes these people develop edema in their arm. If there is a great deal of swelling, then this is out of the scope of practice for a most massage therapists due to the need for bandaging. If the swelling is minor however, then a massage therapist with a good knowledge of contraindication and a few techniques can do a great amount of good.

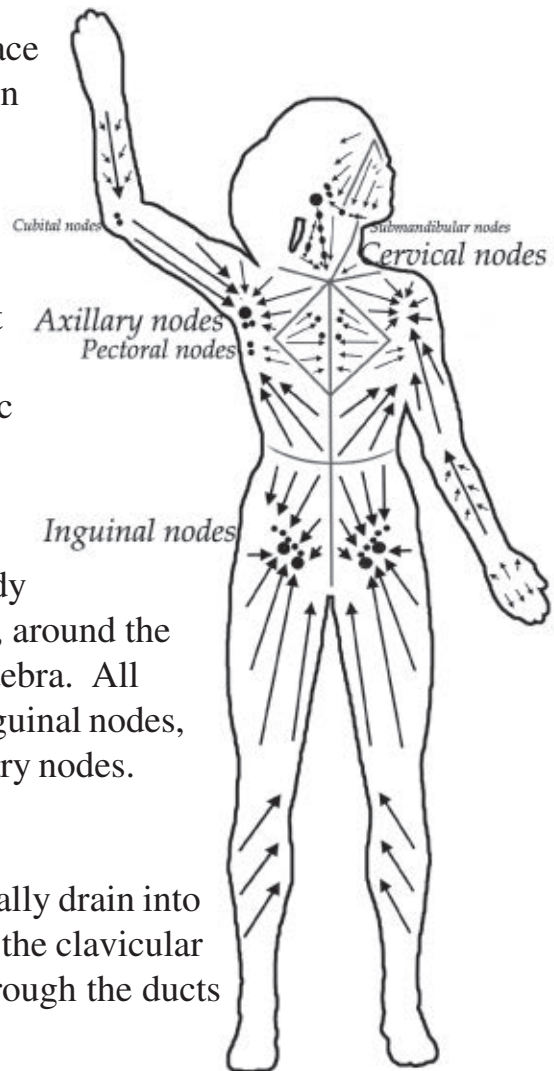
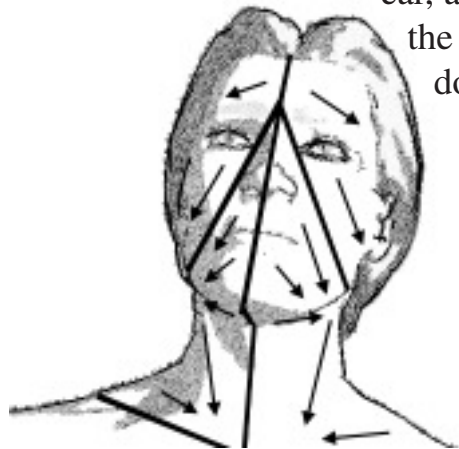
## Lymph drainage patterns

An area where lymph is drained to the same place is called a **lymphotome**. The divisions between the lymphotomes are called **watersheds**. This is the dividing line between lymph draining in one direction, and lymph draining in the other.

Knowing where the watersheds are and to what node the lymphotome drains is the most basic and crucial information to performing lymphatic drainage massage correctly. There is a watershed down the center of the body. All lymph drains to each side, away from the watershed. There is a watershed that divides the upper body from the lower body. It goes through the navel, around the crest of the ilium and across the 4<sup>th</sup> lumbar vertebra. All lymph below this line drains inferior into the inguinal nodes, all lymph above this line drain up into the axillary nodes.

All of the lymph from the head and face eventually drain into the neck through the cervical nodes, down into the clavicular nodes, and then dump into the bloodstream through the ducts near the heart that we just saw.

There is a watershed that divides the face down the center, and also in a cone shape. All of the lymph on the inside of the cone drains into the anterior and posterior submandibular nodes, then back into the cervical nodes just under the ear, and then down the neck. The rest of the face drains to the parotid nodes, and then into the cervical nodes and down the neck.

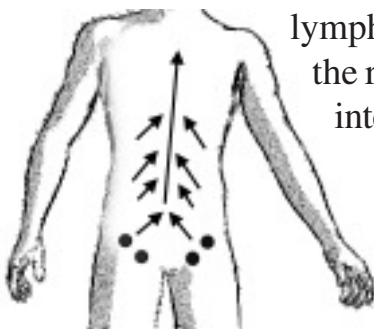
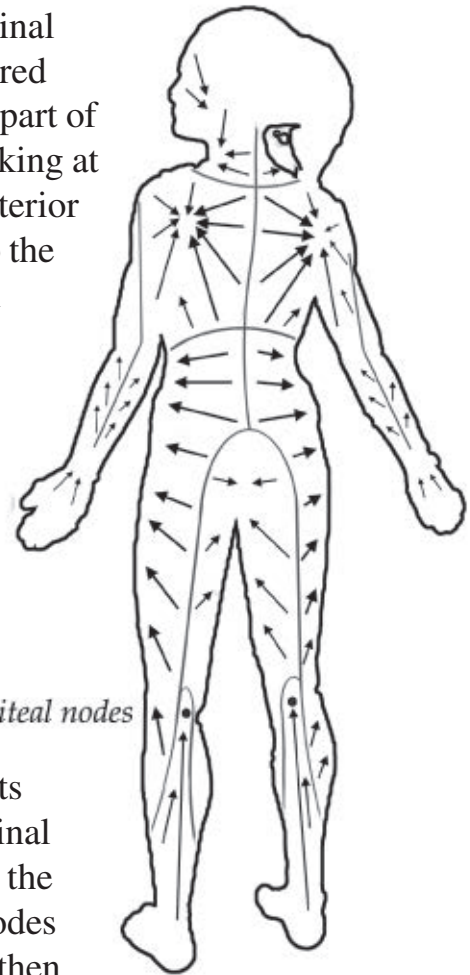


## Lymph drainage patterns

All the lymph vessels from the legs drain into the inguinal nodes, located inferior to the inguinal ligament, clustered around the femoral artery, nerve and vein. The lower part of the superficial belly also drains into these nodes. Looking at the leg in more detail, the lymph vessels from the posterior calf, Achilles tendon and ball of the foot all drain into the popliteal nodes, and then on up the leg to the inguinal nodes. The rest of the leg drains directly into the inguinal nodes.

The axillary nodes drain all the lymph in the arm, the torso above the navel and the back. Some of the vessels of the forearm make a stop at the cubital nodes in the elbow before continuing to the axillary nodes.

So far we have discussed the superficial lymph flow of the body, now let's look at how this lymph gets back to the blood stream. In the lower body, the inguinal nodes have gathered up the superficial flow, and then the vessels dive deep into the belly. From the inguinal nodes the vessels enter the external and internal iliac nodes, then make their way up the right and left lumbar nodes. The vessels then merge with the vessels that service the spleen, pancreas, stomach, duodenum, gallbladder and the lower liver, as well as the intestines. Where they merge they form the cisterna chyli, a small holding sack that is prominent in animals and in about 15% of humans. From here the lymph moves up into the thoracic duct which is 10-18 inches long, ending in the left internal jugular vein and left subclavian vein area. At this point lymph enters the blood stream, becoming part of the blood again. All the lymph from the left side of the head also drains into the bloodstream at this same area. All the lymph from the right side of the head and the right arm as well as the right lung, heart and upper liver end up draining into the right internal jugular vein/subclavian vein area.



## **Common Lymphatic drainage terms**

**Lymphotome-** this is an area of the body where all the lymph vessels drain to the same node group.

**Water shed-** The division between lymphatomes.

**Lymphodynamic edema-** This type of edema is caused by chemical imbalances or kidney dysfunction. It is not the fault of the lymphatic system, therefore lymphatic drainage will not help.

**Lymphostatic edema-** Also called a protein rich edema, this type of edema is caused by a poorly functioning lymphatic drainage system. Some examples of this would be removal of the axillary nodes during surgery, tight fitting clothes, inflammation, radiation, or anything else that will slow or damage lymphatic flow. Lymphatic drainage massage can help this type of edema by assisting lymph flow.

**Lymph obligatory load-** this is the amount of lymph that the lymph system has to move in order to keep the tissue fluid balanced. Usually the lymphatic system can move much more lymph than needed. This ability to move more lymph is called the safety valve function.

**Safety valve insufficiency-** If the amount of tissue fluid increases, as in lymphodynamic edema, and the lymph system is compromised, as in lymphostatic edema, then the body will be completely overwhelmed. This is called safety valve insufficiency because the safety valve- the ability of the lymphatic system to move more lymph than needed- is no longer there. This type of edema often results in massive cell death.

**Stages of edema-** there are three stages of edema

Stage 1. Tissue is like soft butter. Pressing a finger into the skin leaves a distinct dimple. This stage can be reversible

Stage 2. The fibroblasts are activated by the free protein, and begin to produce connective tissue. The tissue now is like hard butter, and pushing a finger into the tissue leaves a shallow dimple. This stage is reversible with treatment.

Stage 3. Known as lymphatic elephantiasis. There is advanced scarring of the tissue, fat tissue multiplies, the connective tissue ground substance hardens. At this stage daily treatment and hospitalization is necessary.

**Keloid-** An increase in collagen formation in a scar tissue will cause the scar to rise above the skin and become coarser. This is called a keloid formation. Drain away from any wound or scar in order to reduce keloid formation.

## Technique

Here are five points remember when performing Lymphatic Massage.

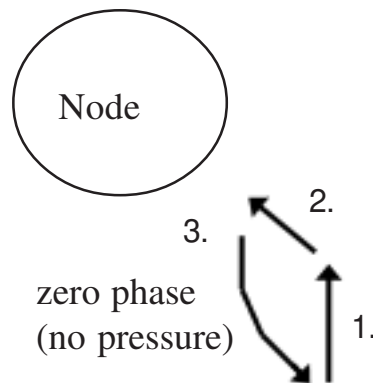
1. Pressure
  2. Direction
  3. Rhythm
  4. Sequence
  5. Contraindications
- 
1. Correct pressure is deep enough so that you do not slide over the skin, but light enough so that you don't feel anything below the skin. This is about 1-4 ounces. It is very common for massage therapists trained in Swedish or deep tissue to apply too much pressure with lymphatic drainage massage. Sometimes it is hard to believe that something so light could be effective. Always remember- you are working on skin. How much pressure does it take to deform the skin? Almost nothing. Remember- if you push too hard you collapse the initial lymphatic.
  2. Direction of your stroke is of great importance, because we always want to push the lymph towards the correct nodes. If you push the lymph the wrong way, your work will not be effective.
  3. Rhythm is very important because with the correct rhythm and speed, the initial lymphatics are opened, and then allowed to shut and then there is a little time that is given for that lymph to get sucked down along the vessel. An appropriate rhythm will also stimulate the parasympathetic nervous system, causing the client to relax.
  4. Sequence means the order of the strokes. When we want to drain an area, we always start near the node that we are draining to. Always push the lymph toward the node. Then as we work, we move further and further away from the node, but always pushing the fluid back in the direction of the node. In this way we clear a path for the lymph to move, as well as create a suctioning effect that draws the lymph to the node.

## Technique

All the Lymphatic Drainage strokes are based on one principle motion. Research has found that the initial lymphatics open up and the lymph angions are stimulated by a straight stretch, but even more so with a little lateral motion. After these 2 motions, we need to release completely to allow the initial lymphatics to close and the lymph to be sucked down the channels. In this zero pressure phase don't completely disconnect from the skin, just return your pressure to nothing. Also don't pull the skin back with you as you return, let it spring back by itself.

This basic motion may resemble a circle, and is called stationary circles. All motions are based on this principle.

In orienting this motion, we always want to push the lymph towards the correct nodes, so the last, lateral stretch motion should be going towards the nodes.



Think about moving water. Visualize those initial lymphatics just in the skin, stretch, opening them up, then release and wait for the lymph angions to pump the lymph down the vessel. Remember how superficial this is. If you are feeling muscle, or other tissue under the skin, you are pushing too hard.

## **Preparing the session**

Sometimes people experience a detoxification reaction from the work. They may experience this as feeling fluey, slow, tired or confused. This is normal and alright as long as it only lasts for the day after the session.

It is useful to ask your clients to drink water before and after the treatment and eat lightly the day of the treatment.

It is traditional to perform this work without music, so that your work goes to the rhythm of the body.

Make a space that is quiet, warm and soothing.

Never interrupt your session by answering the phone.

Explain how the lymph system works and what the techniques are intended to do.

Ask your clients about their medical history, being wary of any contraindications.

Lymphatic drainage massage should never be painful. You are doing it wrong if it is painful.

## **Three points to using lymphatic drainage massage with other types of massage**

1. If the client has soft or spongy tissue, then no circulation promoting massage should be performed, only lymphatic drainage.
2. If the client has muscle tension without edema, first perform the deeper massage techniques that will increase circulation and relax the muscles, then use lymphatic drainage to help drain the tissues
3. Lymph drainage should be applied after ice, not before. Ice has the effect of decreasing lymph flow, so perform lymphatic drainage afterwards to help return the flow to normal.



## **Techniques**

When performing these techniques, do each position 5 times. After you have completed each page, repeat the sequence 2 more times. This is done in order to overcome the lymph's inertia. Because we are working on water, it must be pushed many times before it starts to speed up the flow.

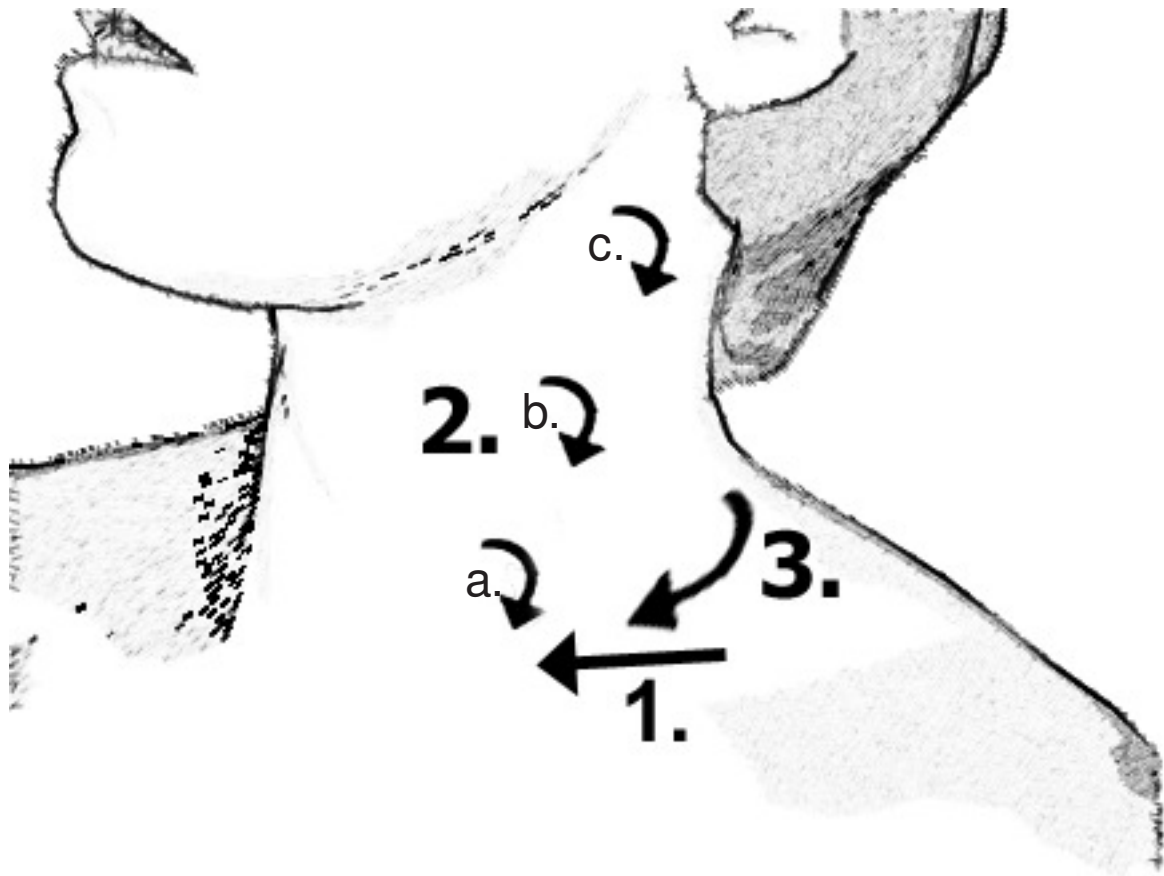
It also must be stressed how light this work is. Barely contact the skin. One secret is to make contact with a body area, and wait a few seconds before you start your stretch. This will allow a little moisture to form between your hand and your client's skin. This moisture act like glue, sticking your hand to the skin, allowing you to have extremely light pressure and still stretch the skin.

In the next pages there are 3 sequences. The face and neck, the upper body, and the lower body. If you are only going to go through one of the sequences, make sure to flush the terminus just posterior to the clavicle before you do. Also remember, never work an area alone, always clear from the node to the area you are trying to affect.



## Face Technique #1

### Clear the neck



1. Clear the terminus by kneeling at the head of the table, place your middle, ring and pinky fingers just superior to the clavicle and sweep in towards the midline, then release. Repeat this motion 5 times.

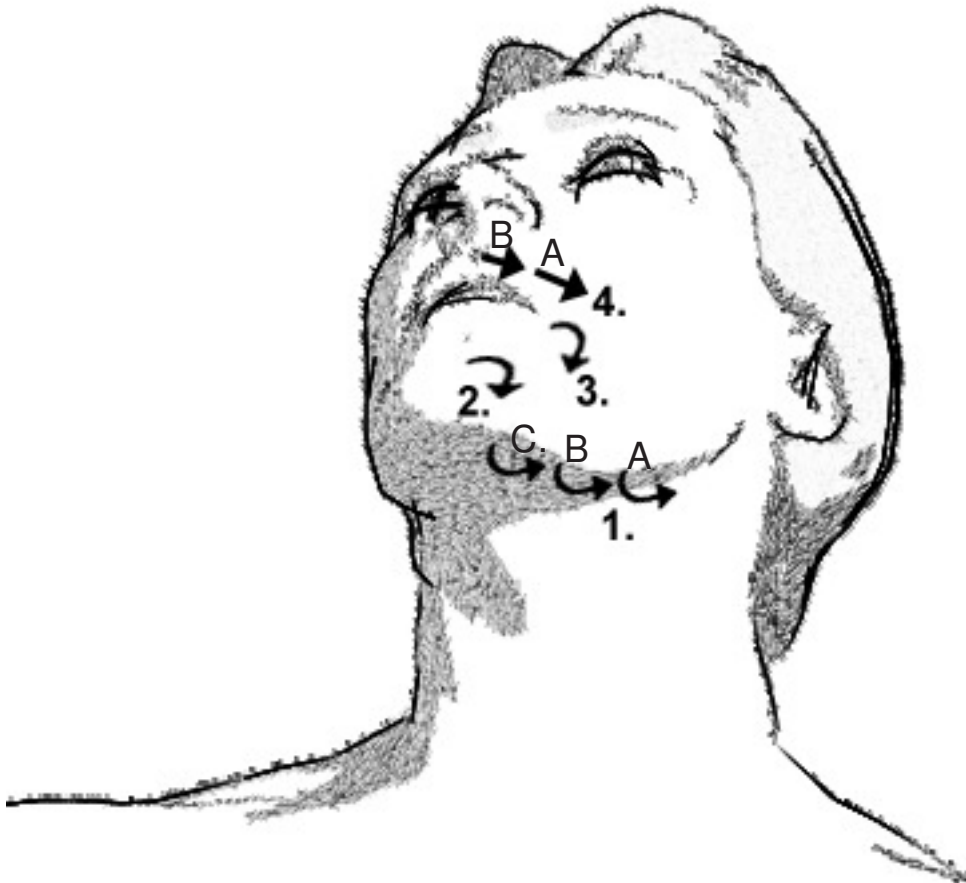
2. To release the neck chain, stand at the head of the table, and place your finger pads on each side of the neck, just on and slightly posterior to the sternocleidomastoid muscle. Perform stationary circles stretching posterior and then inferior 5 times on each spot, 3 positions. If your client has a short neck you may only have room for two positions.

3. Position yourself on your knees or in a chair, and place your finger pads over the trapezius muscle. Sweep anterior and medial 5 times.

*If the neck is backed up, it can cause headaches, so focus on this area especially if someone is a headache sufferer.*

## Face technique #2

# The submandible and around the mouth

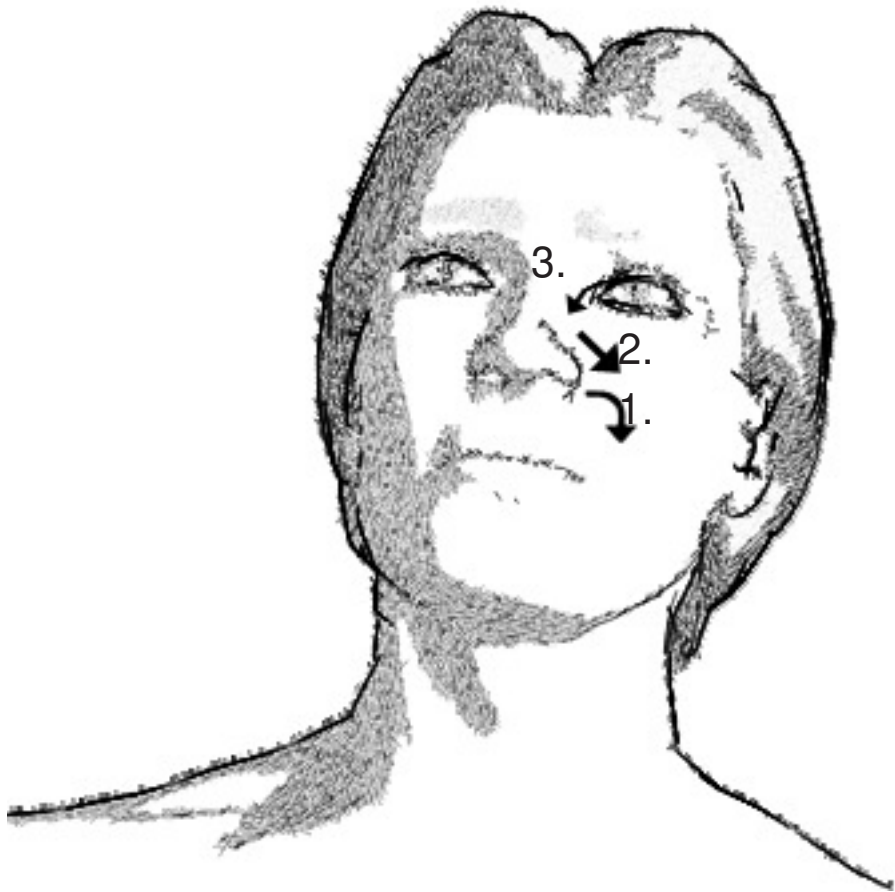


*Stand at the head of the table*

1. The clear below the mandible, start near the angle of the mandible and move toward the chin. Push the lymph posterior and laterally 5 times by twisting your fingertips outward. 3 positions.
2. Clear the lower lip by stretching lateral and inferior.
3. Clear the lateral mouth by stretching lateral and inferior.
4. Clear the upper lip in two positions with a straight stretch lateral.

### Face Technique #3

## The nose



*Kneel or stand at the head of the table.*

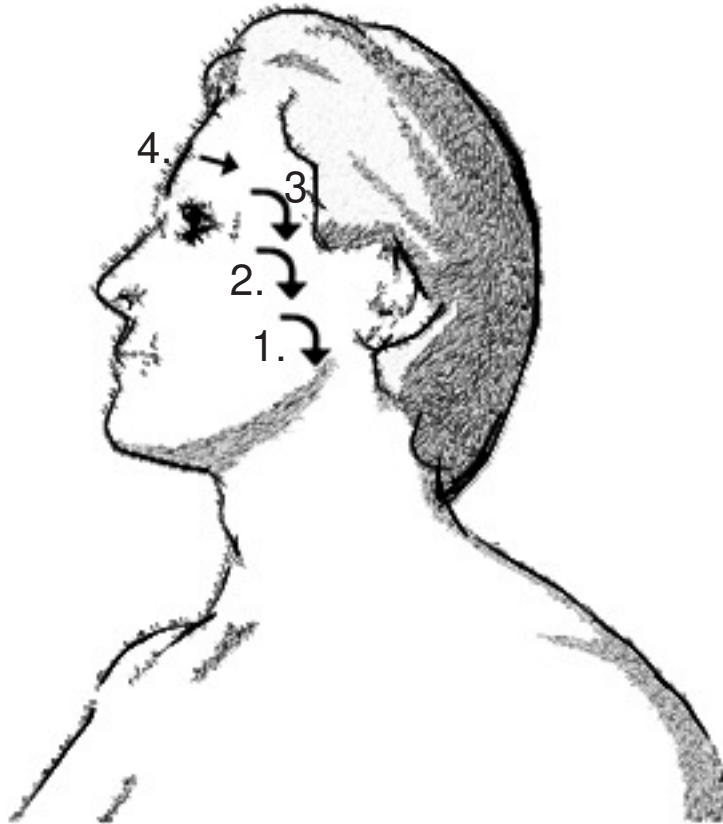
1. Clear the lower nose by stretching lateral and inferior.
2. Clear the middle nose performing a straight stretch inferiorly and slightly laterally. This position is great for relieving sinus pressure.
3. Clear the tear duct of the eye by stretching inferior and slightly towards the midline.

*That completes the anterior lymphotome. We performed the techniques 5 times in each place, now repeat the whole sequence 2 more times.*

*Finish by draining the submandibular chain one final time to make sure that the lymph is getting back to the cervical chain.*

## Face technique #4

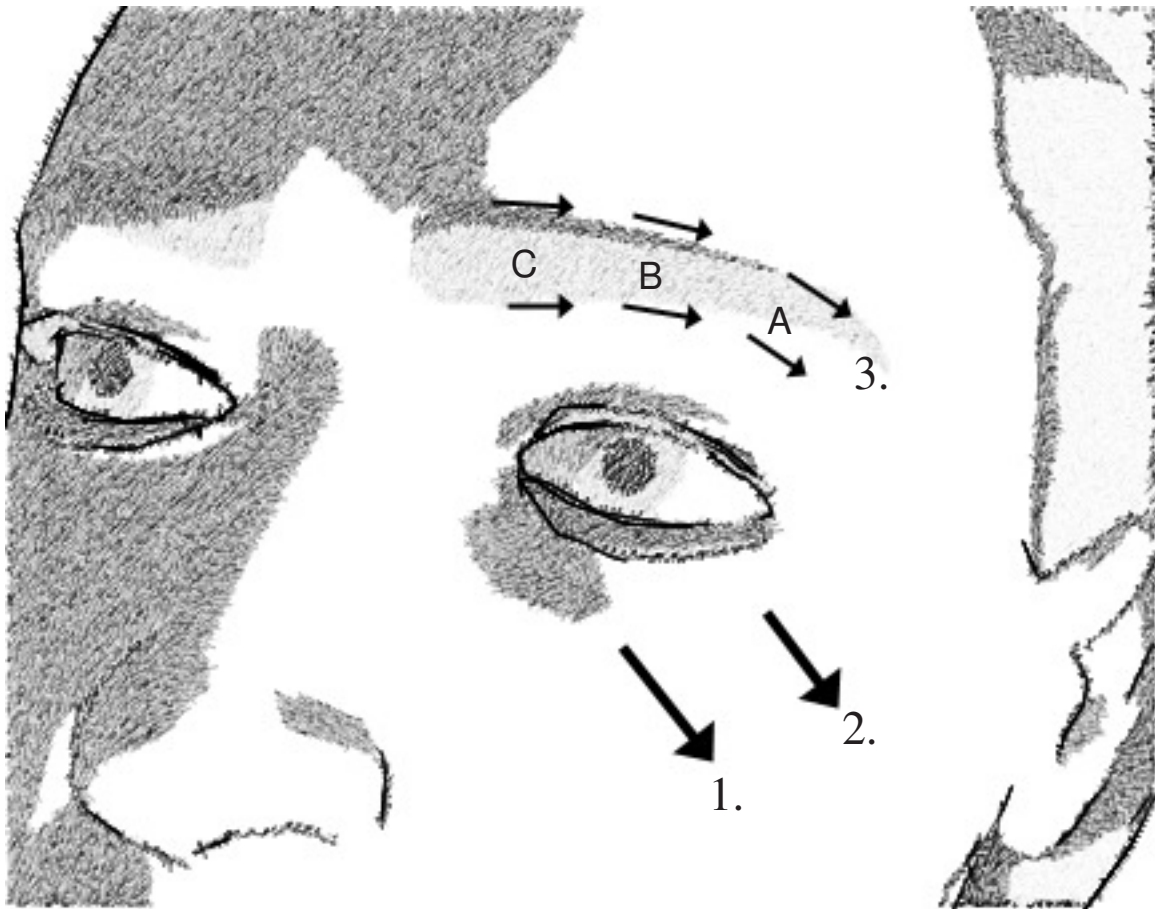
# The lateral face



*Stand at the head of the table*

1. Use your finger pads to drain just over the masseter by stretching posterior and inferior.
2. Drain over the lateral cheek.
3. Clear the temples.
4. Kneel at the head and use the flat of your fingers across the tissue and stretch laterally and slightly inferior.

## Face technique #5 Around the eye



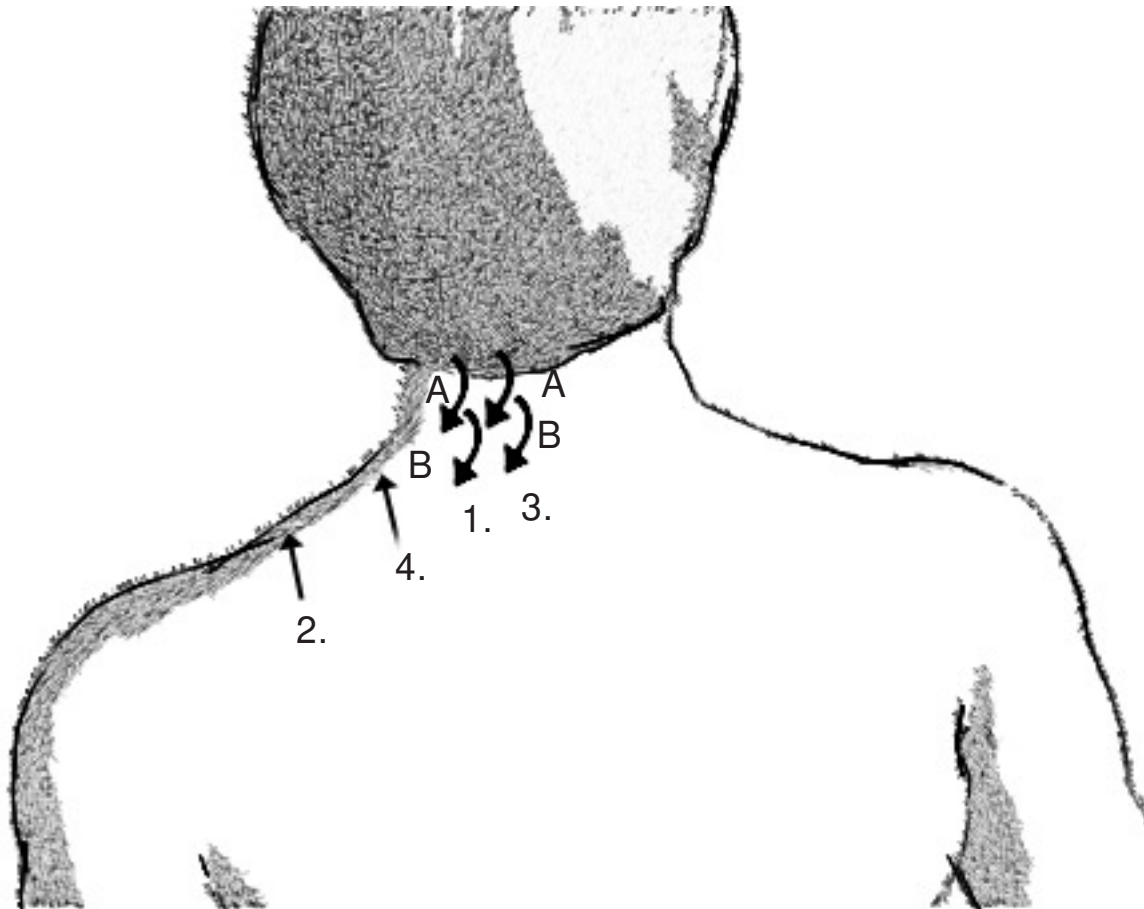
1. Release the lower lid in this position as well.
2. Release the lower lid here by using a straight stretch lateral and inferiorly.
3. Use your index finger and a thumb the make contact above and below the eyebrow. Stretch straight laterally in 3 positions starting at the outside of the eyelid and moving towards the center.
4. Release the crown of the head by using palms from center out towards the ears.  
(not shown)

*Repeat the entire lateral lymphatome routine 2 more times.*

*End by performing the neck routine again to make sure all the fluid is flushed all the way down to the terminus.*

## Face technique #6

# Posterior neck



*The client is in the prone position (face down).*

1. Clear the lateral neck in 2 places by using your fingerpads and stretching inferior and then lateral.
2. Clear the lateral trapezius by positioning your finger pads on the skin and stretching towards the clavicle by stroking anterior to medial.
3. Clear the most posterior part of the neck by using your fingertips to stretch inferior and lateral, in two positions .
4. Clear the medial part of the trapezius next to the neck by stroking anterior and medial towards the clavicle.

*(You can also first clear the trapezius, then clear the entire posterior neck.)*

5. (Not shown in diagram) Sometimes people will have a buildup of fluids around the first thoracic vertebra. Clear this fluid by performing an alternating pumping motion. One hand is on the upper back; the other is on the lower neck. Remember that the pressure is still extremely light, only to the depth of the skin.

## Upper body technique #1

# Axilla



*Start by clearing the terminus, just under the clavicle. Now that we have opened the terminus, we can move on to our main area of drainage, the axilla or armpit. The axillary nodes are of vital importance because they drain the entire arm and superficial upper body.*

*Client in a supine position, arm abducted and externally rotated.*

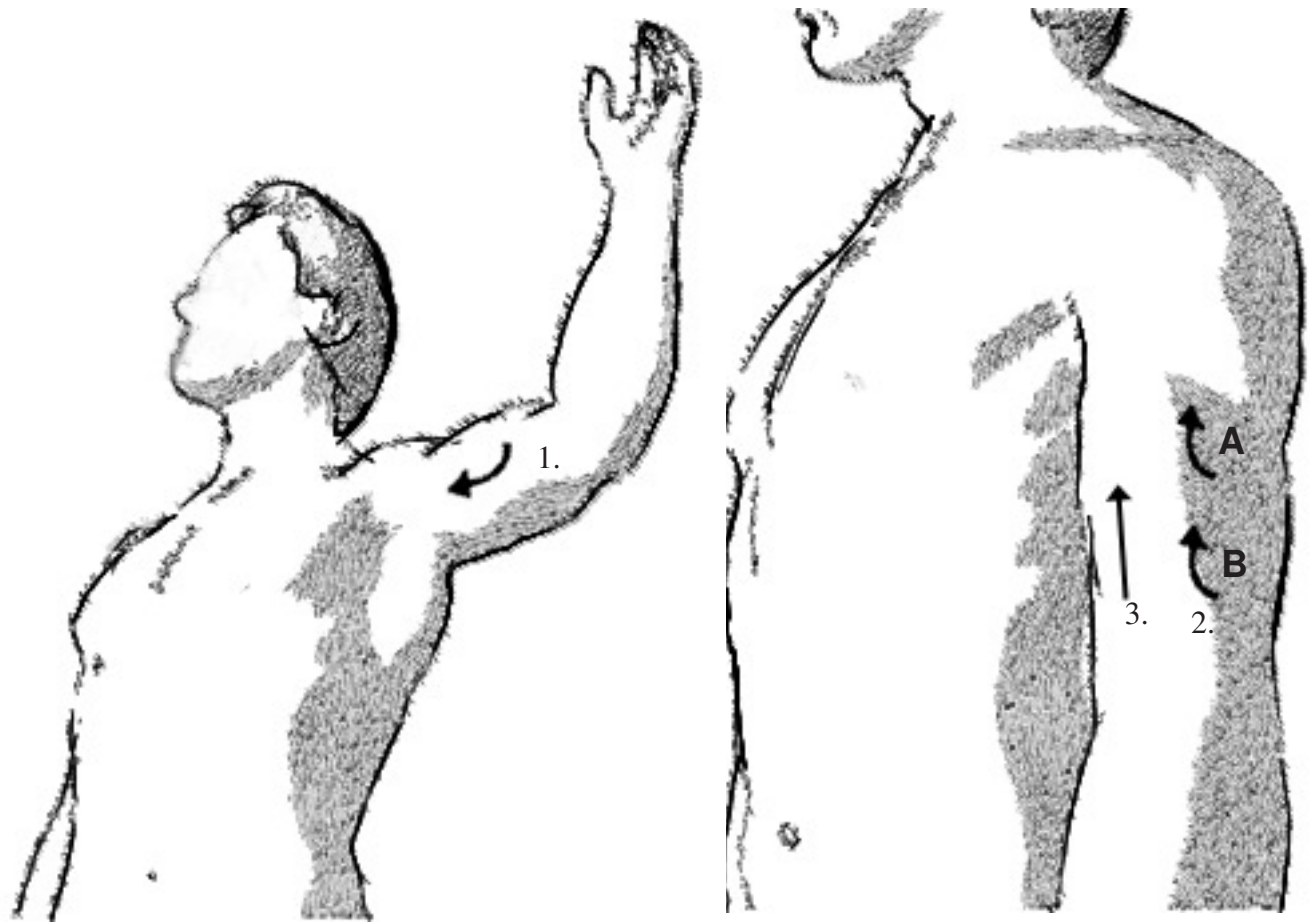
*Sit or kneel at the side of the table, facing your client.*

1. Use as much of your fingers as you can to stretch anterior then superior, starting inferior and working up towards the shoulder in 3 positions. This is in the armpit.

2. Flush the pectoral nodes by stretching the tissue anterior and superior, stationary circles.

## Upper body technique #2

### Upper arm

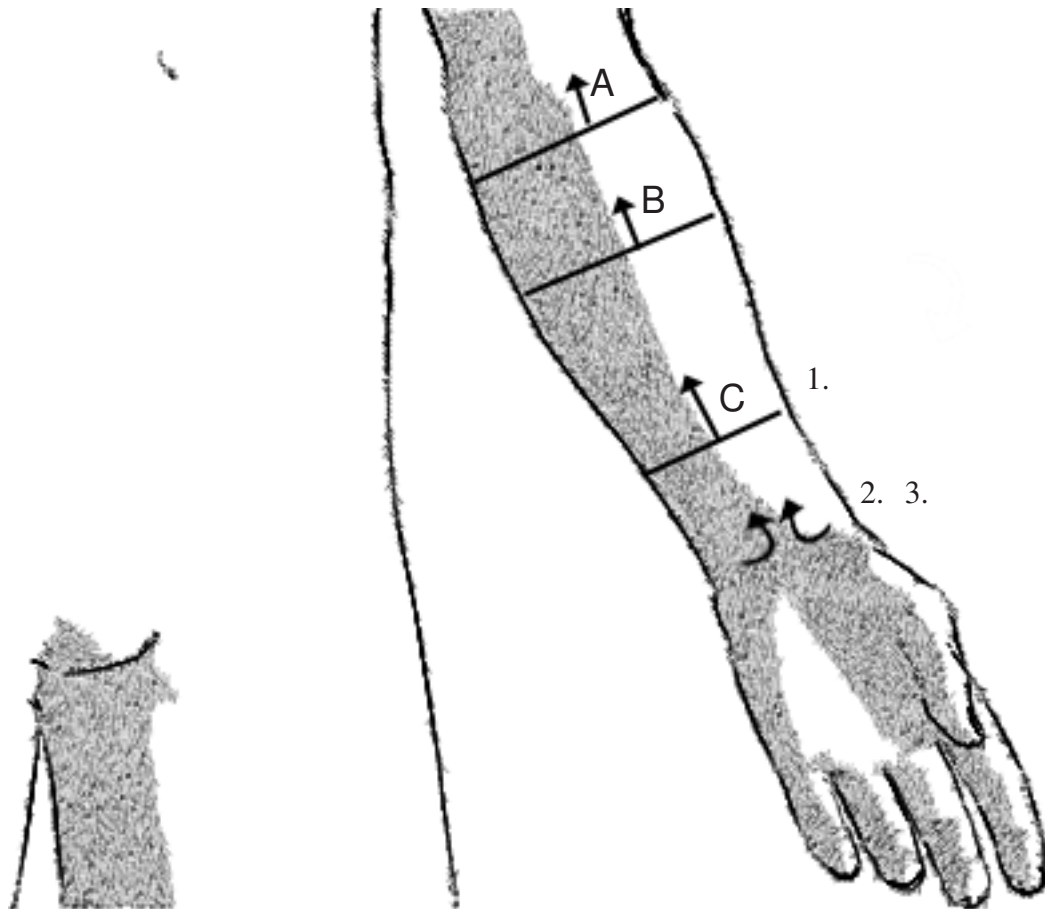


1. Stand at the head of the table and use your finger pads to make stationary circles stretching down and then towards the axilla.
2. Place the arm at the side and use your outer hand to scoop anterior to superior in two places.
3. Perform a straight push over the biceps. If your hands are small and your clients arm is long, you may want to perform this in two positions.



## Upper body technique #3

### Lower arm and hand



1. Bend your clients elbow, and make a ring with your hand, surrounding the arm. Then stretch towards the elbow. (*Note: The video shows starting at C and moving to A, when in fact you should start at A and proceed to C.*)

2. Perform thumb screws on the posterior wrist. Start with the thumbs facing each other, then push the thumbs towards each other, then rotate the thumbs so that they point towards the elbow.

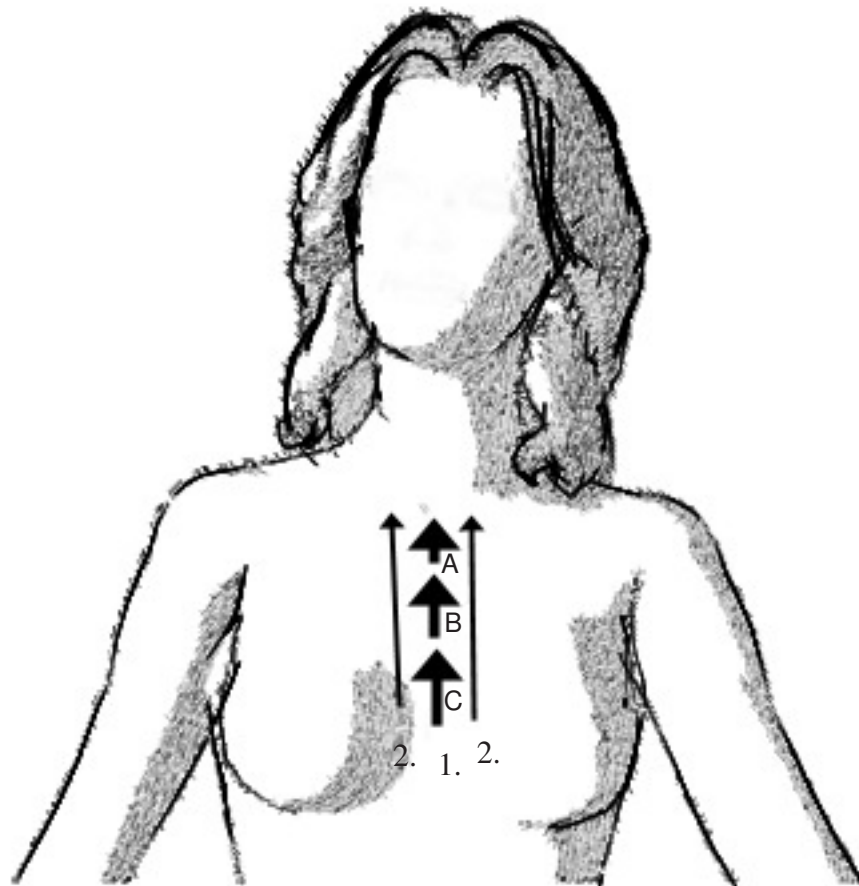
3. Turn the hand over and repeat on the other side. This is excellent for people who have swelling in the wrist and fingers.

4. To complete the arm, place your palm's over the shoulders and stretch anterior and medial 5 times. (not shown in diagram)

-Repeat the sequence 2 more times before moving on.

## Upper body technique #4

# Chest



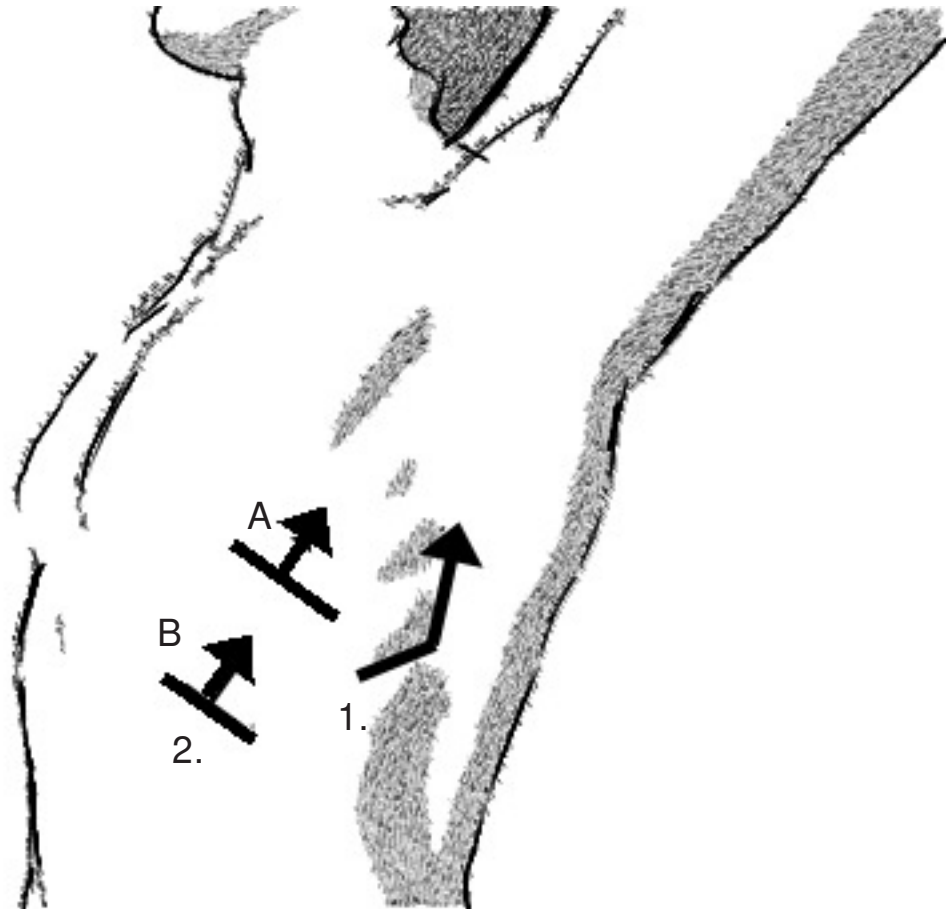
*Drape your client so that the breasts are covered, but the sternum is exposed.*

1. The first movement is the rocking horse motion, flat finger pads on the tissue, then the palm moves toward the body, gently moving the fingers forward. Push straight superior. Move up the sternum, 5 times in each area, 3 positions.

2. Next line up your fingers next to one another, the pressure is actually compressing straight into the body, and then stretch superior. When you compress, only push into the tissues 1 millimeter. If your hands are large, you may only need to do one position, if they are smaller, two positions might be appropriate. Clear both sides from where you are standing- there is no need to move to the other side of the table. Repeat the whole sequence twice more.

## Upper body technique #5

### Torso

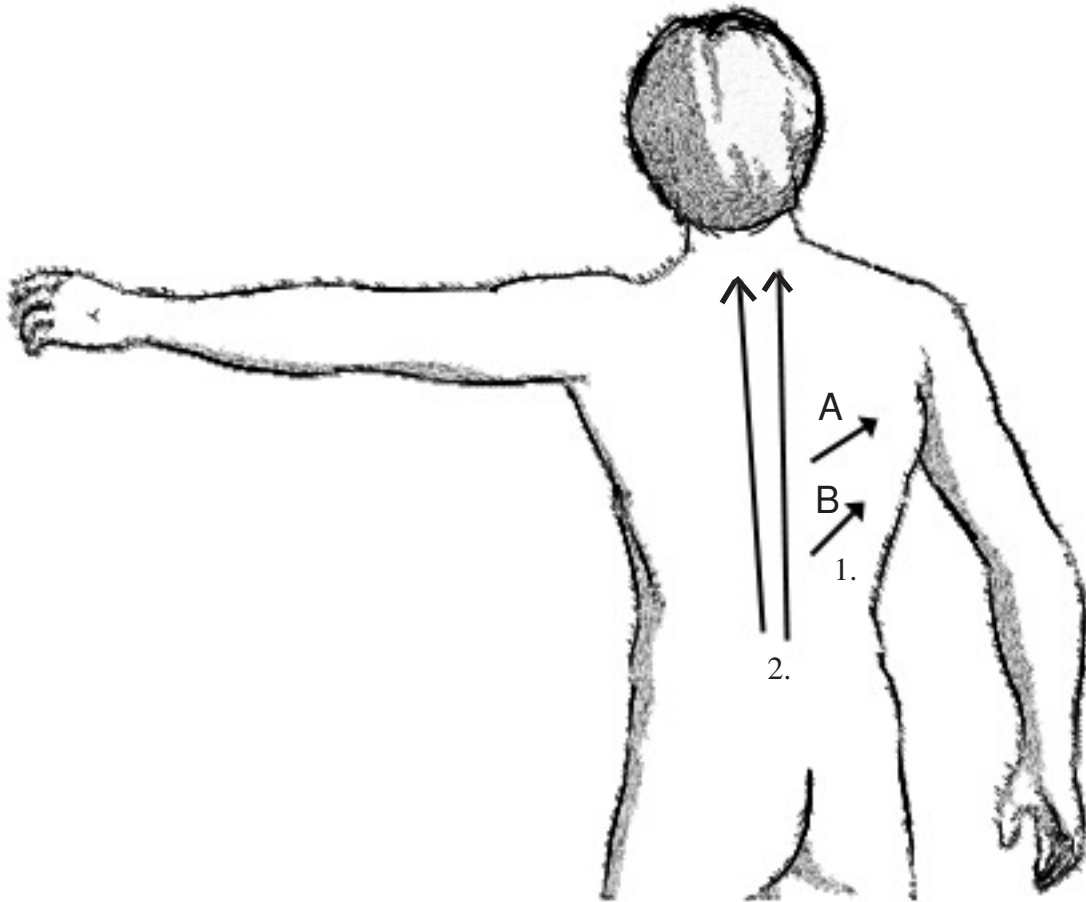


1. Release the lateral rib cage by using the entire surface of your finger tips, making a big mitt on the side of the torso. Then stretch posterior and superior.

2. Place one hand at an angle, so that the outside edge of your palm contacts skin. The other hand supports, making a T-shape. The stretch is lateral and superior. Repeat the sequence two more times.

## Upper body technique #6

### Mid back



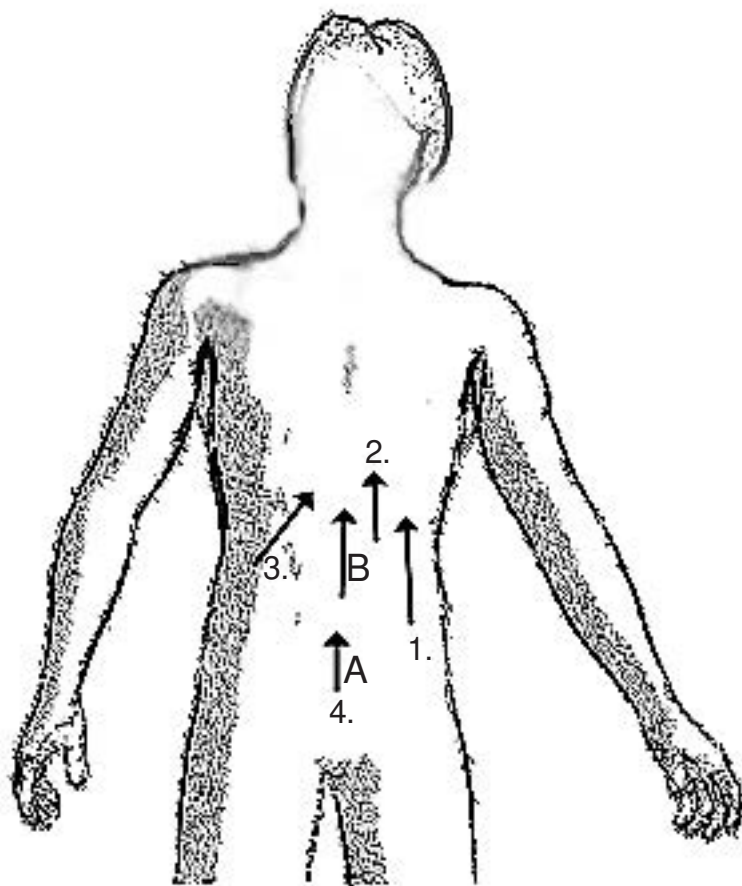
*Client face down.*

*Stand at the side of the table.*

1. Use the flat edge of your hand to stretch laterally and superiorly, pushing towards the axilla. Do this in two positions.

2. Put your fingers together, push into the body slightly, then stretch superior. Work up the back, just lateral to the spinous processes in the lamina groove. 5 times in each spot on both sides of the spine. Now repeat the back sequence 2 more times.

## Abdomen technique



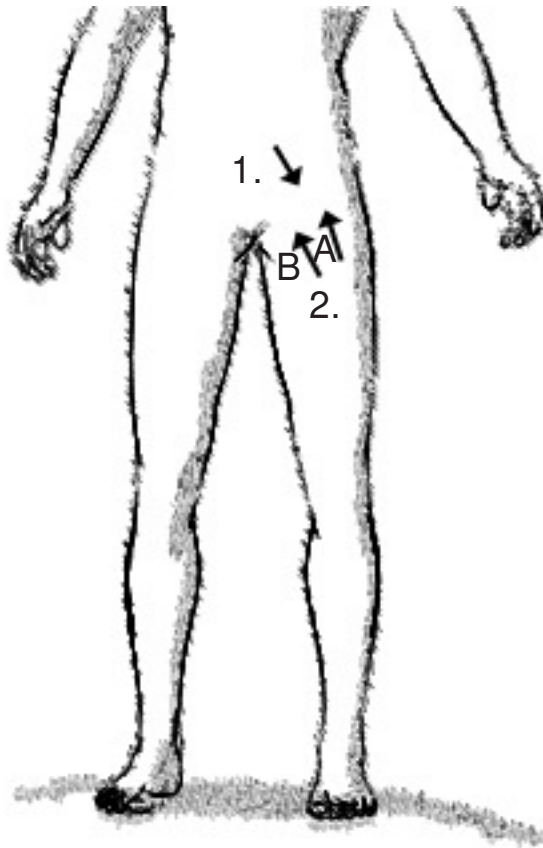
*The Belly work moves the deep lymphatic channels. Therefore it should be much deeper than all the other work, but never painful.*

1. Apply deep wave pressure over the descending colon, 5 times. Place your other hand on the clients' shoulder.
2. Apply deep wave pressure over the stomach, push superior and towards the mid-line using the palm of your hand.
3. Apply deep wave pressure over the liver/ascending colon technique.
4. Apply deep wave pressure straight up the center-line in two places; below the navel, then above the navel.

*Perform this entire sequence two more times before moving on.*

## Lowerbody technique #1

# Inguinal nodes

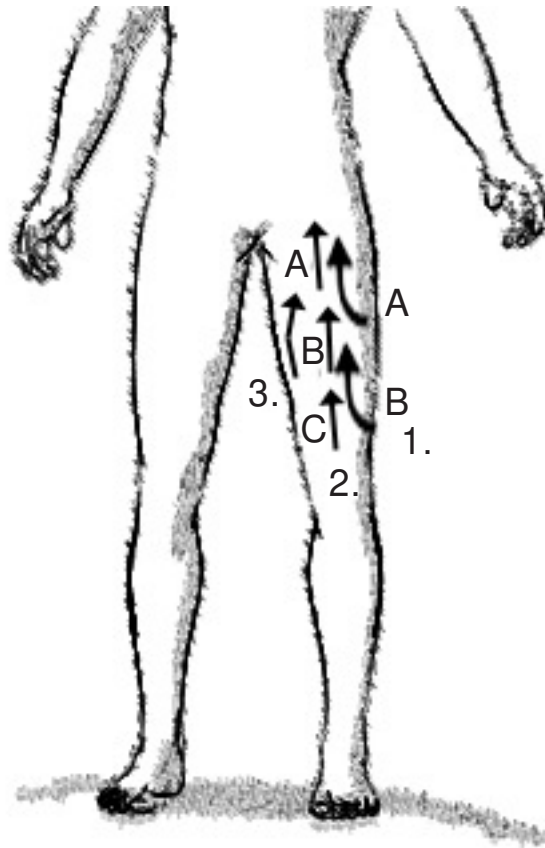


1. Clear above the inguinal ligament on the superficial skin of the belly, by using the rocking horse motion to push the tissue towards the inguinal ligament, flushing the lymph towards the nodes.

2. Use the rocking horse motion to stretch toward the inguinal ligament, flushing the inguinal node area. The position is inferior to the inguinal ligament about an inch. Do this in 2 positions.

## Lowerbody technique #2

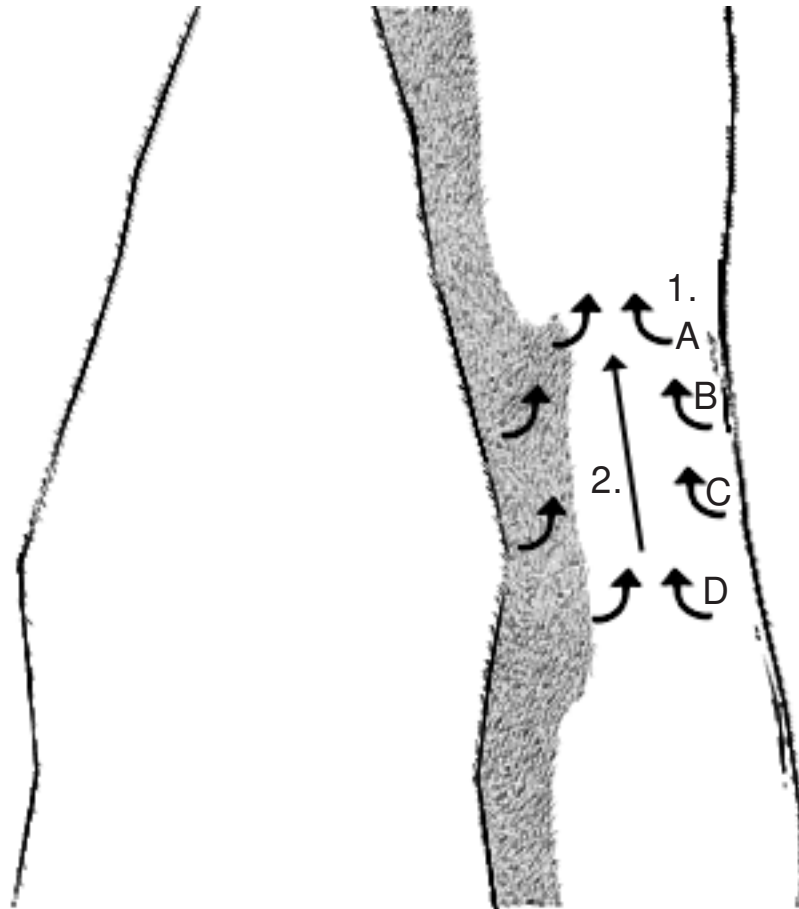
# Upper Leg



1. Clear the outer leg by using the palm of your hand to gently stretch anterior and superior in two or three places (depending on the size of the leg).
2. Flush the top of the leg by performing a stretch straight superior, right on-top of the thigh, in three places.
3. Release the inner thigh by placing both your hands next to each other and stretching anterior and then superior.

## Lowerbody technique #3

# Knee



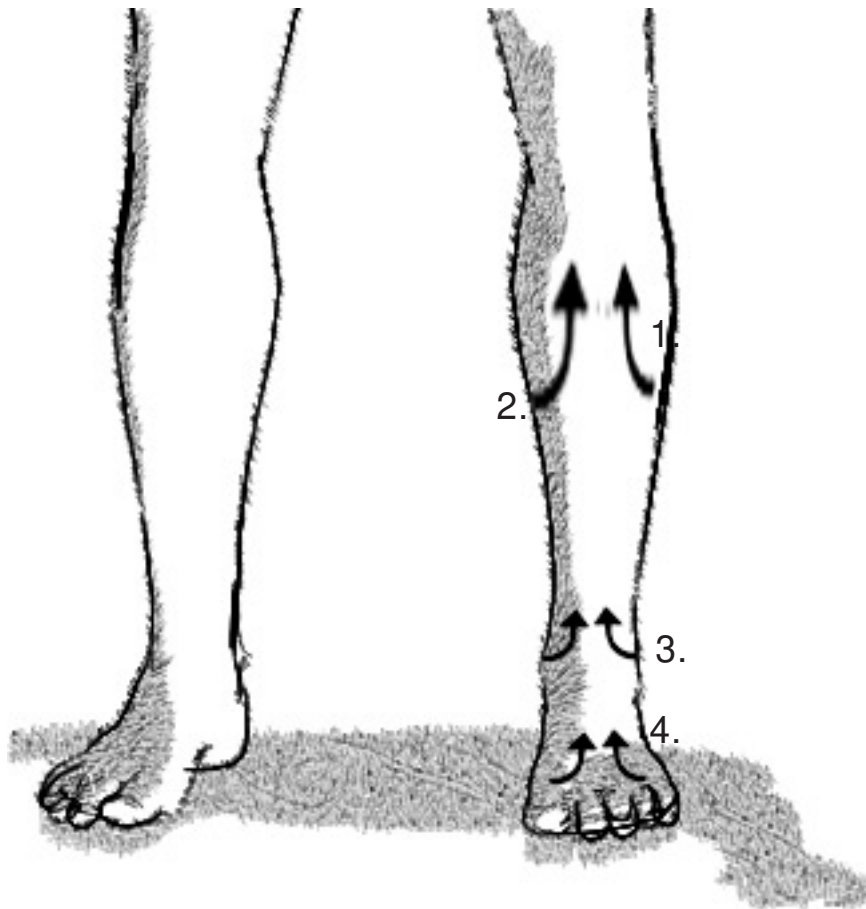
1. On the anterior knee, perform the thumb screw technique around the patella. The thumbs push in towards the knee, then twist to point towards the hip. Perform 5 times in each spot. Start superior and move inferior.

2. To complete the knee, perform a straight stretch on top of the patella with the entire palm of your hand.



## Lowerbody technique #4

### Lower leg

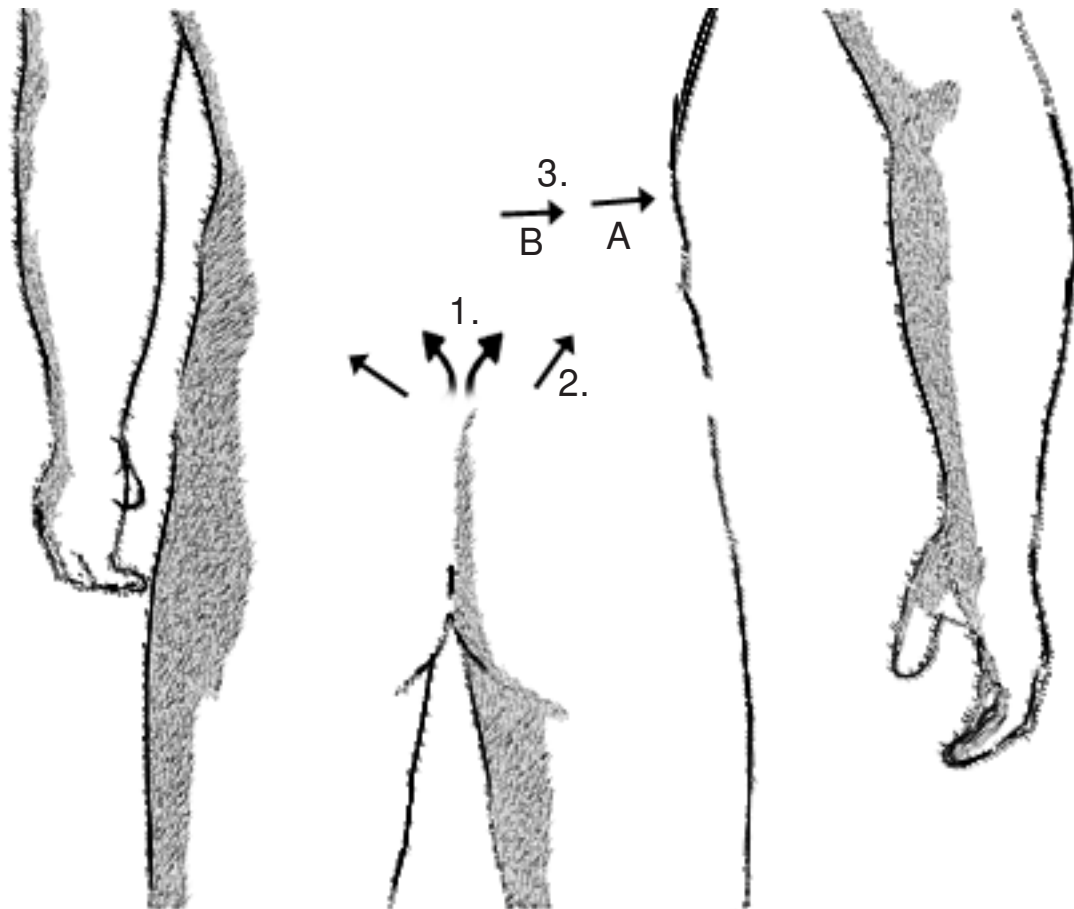


1. Use your palm to scoop anterior and superior.
2. Use your palm to stretch anterior then superior over the medial lower leg.
3. Flush the ankle by performing thumb screws over the anterior ankle. The thumbs push in towards each other, then rotate superior. Do this 5 times.
4. Perform thumb screws on the metatarsals 5 times.
5. (Not shown) Use your fingertips to flush the lymph over the anklebones by stretching posterior then superior.
6. (Not shown) Clear the Achilles' tendon area by making stationary circles posterior to superior.

*Repeat the entire leg sequence 2 more times before moving onto the posterior leg.*

## Lowerbody technique #5

# Sacrum



*Client prone (face down)*

Stand at the side of the table, on the opposite side from where you are working.

1. Stand at the hips and face the head, with both hands, use a rocking horse motion to stretch superior then slightly laterally 5 times.

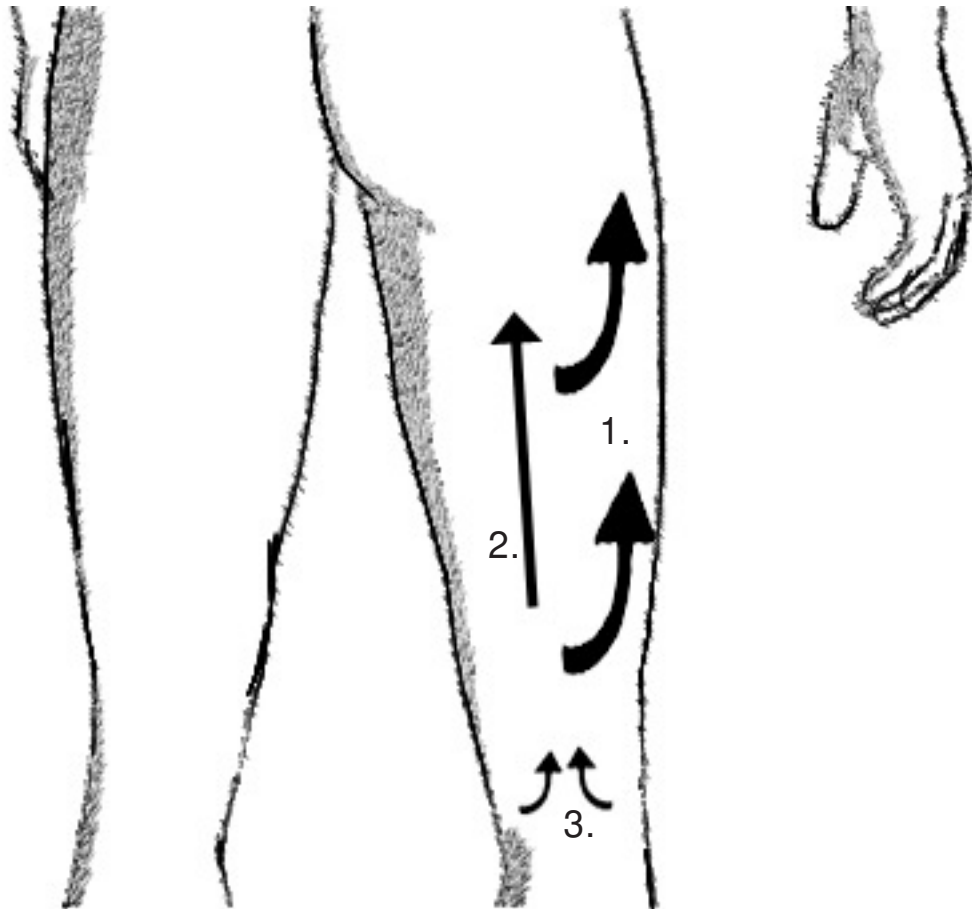
2. One side at a time, use the rocking horse motion to clear the lymph on each side of the sacrum.

3. Use your palms to stretch laterally over the waist in two places.

*Remember that you are moving water. Fingers gently contacting the skin with as little weight as possible. Experiment with how light you can go.*

## Lowerbody technique #6

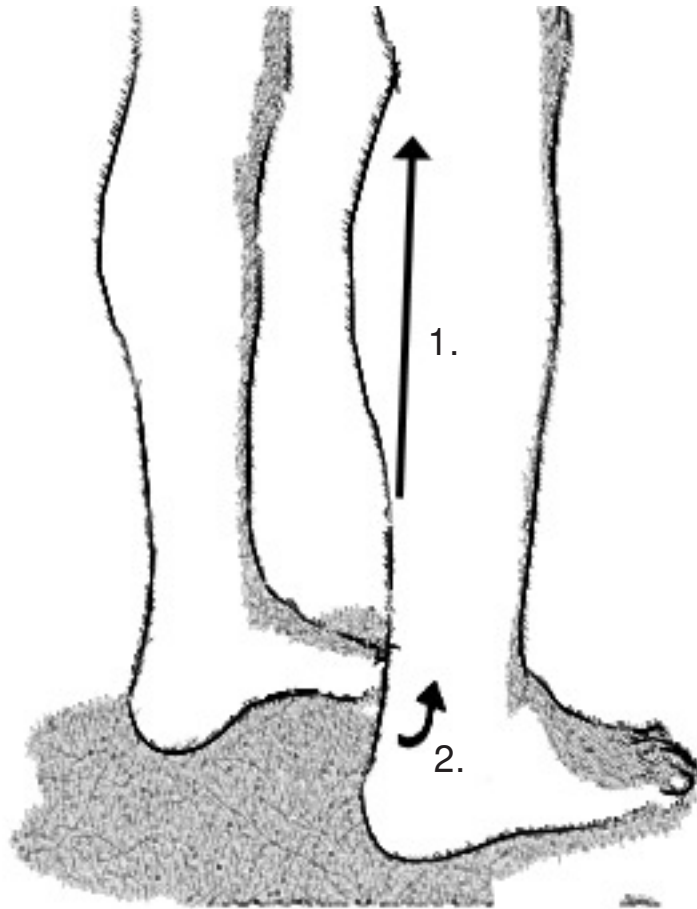
### Posterior thigh



1. Use your palm to scoop the lateral thigh in two places stretching lateral then superior.
2. Use your palm to stretch straight superiorly up the posterior leg.
3. Perform thumb screws on the popliteal space, stretching medial then twisting the thumbs to face the hip.

## Lowerbody technique #7

### Posterior leg



1. Perform a straight scoop superior over the calf.

2. Use your fingers on one side, and a thumb on the other and perform stationary circles over the Achilles' tendon area. The stretch is anterior and superior.

*Repeat the posterior leg sequence 2 more times, and that completes the full body lymphatic drainage session!*

# Bibliography

Here are three books that have anatomical information about the lymph system.

Compendium of Dr. Vodder's manual lymph drainage/ by Renato Kasseroller, Heidelberg : Haug, 1998. (ISBN 3-7760-1729-5)

Textbook of Dr. Vodder's Manual Lymph Drainage, volume 1 & 2, Ingrid Kurz, Heidelberg : Haug, 1997. (ISBN 3-7760-1671-X and ISBN 3-7760-1732-5)

Human Physiology and Mechanisms of Disease, Guyton & Hall, W.B. Saunder Company, 1997 (ISBN 0-7216-3299-8)

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