Patient Education



Massage Instructions for Reducing <u>Right</u> <u>Arm</u> Lymphedema

- Use light pressure. Stretch the skin, do not slide the fingers on your skin.
- You should not have any pain during the massage.
- Your skin should not become red during the massage.
- Repeat each step 5-7 times before continuing to next step (take 2 seconds to finish each stroke).
- You will need a long-handled bath brush

Step 1: Perform this on the Right side first and then the left side.

- 1. Place your fingertips just above the collar bone
- 2. Stretch the skin behind the collar bone toward the notch in breastbone and curve your fingers inward to the neck and release the pressure.

Step 2: Perform this on the Right side first and then the left side

- 1. Place your hand on the side of your neck below the ear.
- 2. Stretch the skin forward then downward toward the collar bone and release the pressure.

Step 3: Repeat 3 to 5 times. Avoid dizziness by holding the diaphragmatic breath for the count of 1 to 2 seconds or longer.

- 1. Place hands on either side of the lower rib cage area.
- 2. Take a deep breath, letting your belly and lower ribs expand. (This is a diaphragmatic breath).
- 3. Hold the breath for one to two seconds.
- 4. Breathe out, pressing your hands up and in, to help expel the air

Step 4: Perform this on the Left side only.

- 1. Place your right hand in the left armpit.
- 2. Stretch the skin forward, and curve your hand upward toward the shoulder.
- 3. Release the pressure.

Step 5: Perform this on the **Right side only**.

- 1. Place the palm of the Left hand on the chest just below the collarbone on the Right side.
- 2. Stretch the skin toward the Left armpit and release the pressure.

Perform all of the following massage techniques only on the Right side. Step 6

- 1. Place your hand in the groin area.
- 2. Scoop the hand in an upward direction, beginning with the thumb side and ending with the little finger side.

Patient Education



Step 7

- 1. Place your hand at your waist close to your navel.
- 2. Stretch the skin toward the groin area and release the pressure.

Step 8

- 1. Place your hand on the chest wall just below the breast on the involved side.
- 2. Stretch the skin downward toward the groin area and release the pressure.

Step 9

- 1. Place the palm of your hand over the inside of the upper arm, just below the top of the shoulder.
- 2. Stretch the skin up over the shoulder toward the neck area.

Step 10

- 1. Place the palm of your hand over the outer part of the arm near the elbow.
- 2. Stretch the skin toward the top of the shoulder using an upward curving motion and release the pressure.

Step 11

- 1. Place the palm of your hand over the inner part of the upper arm.
- 2. Stretch the skin in the forward and upward direction and release the pressure.

Step 12

- 1. Position your forearm with the palm facing **down**.
- 2. Using your uninvolved hand, gently begin stretching the skin at the wrist in an upward direction toward the elbow area.

Step 13

- 1. Position your forearm with the palm facing **up**.
- 2. Using your uninvolved hand, gently begin stretching the skin at the wrist in and upward direction toward the elbow area.

Step 14

- 1. Position your hand with the palm facing **down.**
- 2. Gently stroke the back of the hand with your thumb, starting at the knuckles and going toward the wrist area.

Step 15

- 1. Position your hand with the palm facing **up**.
- 2. Gently stroke the palm area with your thumb, starting at the knuckles and going toward the wrist area.

Patient Education



Step 16

- 1. Stroke each individual finger toward the hand.
- 2. Begin at the fingernail area and continue toward the web spaces.

Step 17: Repeat Steps 16 through 10 in reverse order.

Step 18: Perform this massage in a sitting position. Use the long-handled bath brush to:

- 1. Stroke (or stretch) the skin along the back of the involved shoulder toward the neck area
- 2. Stroke the skin along the back from the involved shoulder over to the other shoulder area.
- 3. Stroke the skin along the back from the involved shoulder down below the waist.