

Massage Instructions for Reducing Left Arm 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 **Left side first** and then the right 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 **Left side first** and then the right 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 **Right side only**.

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

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

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

Perform all of the following massage techniques only on the Left 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.

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.

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 10 through 16 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.