



PHYSIO FOR YOU

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MANUAL LYMPHATIC DRAINAGE MASSAGE

- The aim of manual lymphatic drainage is to stimulate the lymphatic system and create alternate pathways for the lymph fluid to flow.
- MLD works on the plasticity of the lymphatic system, that is, the body's ability to expand and grow more lymphatic branches.
- The massage is performed with the light touch over specific regions conducted in specific directions to encourage the lymph flow.
- Most clothes removed (often bra include).
- Your physiotherapist may perform this massage for you, and/or they may give you a chart to follow at home. It is important that you follow the chart as closely as possible to get the best result from your massage.
- Patients are encouraged to complete self MLD at home.

MANUAL LYMPHATIC DRAINAGE AT HOME

- ✓ Find a quiet space where you won't be disturbed.
- ✓ If possible, elevate the affected or at risk limb while performing the massage.
- ✓ Massage must be performed directly over the skin (not over clothes).
- ✓ If possible, train a friend or family member in your massage regime so that they can help you with those hard to reach spots or for times when you are unwell.
- ✓ Massage should be painless and soothing.
- ✓ If you find your hands or skin become sweaty or moist, try using a dusting or cornflour over your palms.

DO NOT PERFORM MANUAL LYMPHATIC DRAINAGE AT HOME IF YOU ARE EXPERIENCING CELLULITIS

If you have any questions, please contact Jacqui Eaton at the clinic on 43921547.