



## Bilateral Upper Limb Simple Lymphatic Drainage – SLD

This very gentle massage is part of the daily treatment for your swelling. It helps move the fluid from the swollen area to an area that drains more freely. Your therapist will teach you how to do SLD. This leaflet is a step by step guide. There is also a video that you can watch – the link and QR code is at the bottom of this page.

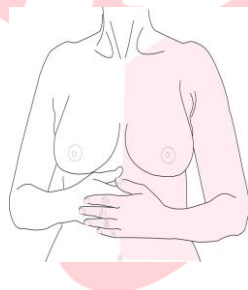
If you are unable to perform the massage by yourself, a partner or carer could help you. If you struggle reaching some areas, try using a roller or a soft long-handled brush.

### What to do:

- Massage very slowly and gently. It should take about 15 to 20 minutes to complete
- Massage when you are comfortable, sitting or lying down is best
- Do not press too hard – your skin should not be marked by the pressure you apply
- Creams and oils are not needed. If you are hot and sticky, use a small amount of talcum powder
- Do not massage over an area that is inflamed or infected, including Cellulitis
- If you have any new or unexplained lumps: contact your GP or therapist immediately
- If you have recently finished radiotherapy, you need to wait for 6 weeks before you start to massage over that area

#### Step 1 – Breathing

- Sit or lie down with your shoulders relaxed and your hands resting below your ribs
- Breathe in and feel your stomach rising (imagine a balloon inflating under your hands)
- Slowly breathe out and press gently inwards with your hands
- Repeat five times



#### Step 2 – Specific Exercises

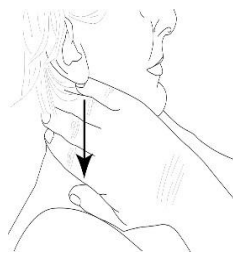
(10 of each on both sides)

1. **Neck:** Look up, then down; look left, then right (x5 only)
2. **Arms:** Reach up and out, then cross your arm over your stomach
3. **Elbows:** Bend and straighten
4. **Wrists:** Move up and down
5. **Hands:** Open and close fist
6. **Hips:** Sitting, lift leg up and down



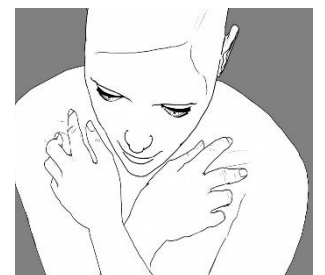
#### Step 3 - Neck

- Place your hands on both sides of your neck below your ears
- Gently stroke the skin down towards your collarbones and release
- Repeat this movement 10 times



#### Step 4 - Collarbones

- Place your index finger above, and your middle finger below your collarbone, so that the collarbone lies between these two fingers.
- Gently push downwards and release.
- Repeat 10 times on both sides



### Step 5 – Groin

- Place the flat of your hand at the top of the leg below the groin
- Gently push the skin up towards your stomach
- Repeat 10 times on both sides



### Alternative method for Step 5

- Place your hand in your groin
- Lift your leg, gently squeezing your hand
- Lower your foot back to the floor
- Repeat 10 times on both sides



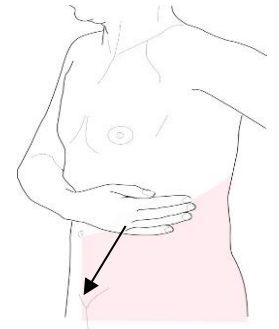
### Step 6 – Below Waist

- Place your hand on your stomach below your waist
- Stroke the skin down towards your groin
- Repeat 10 times on both sides



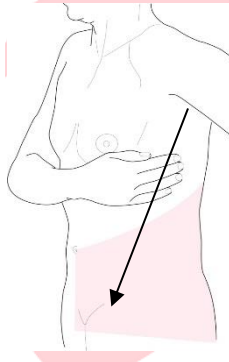
### Step 7 – Waist

- Place your hand on your waist (you can use two hands if you like)
  - Stroke the skin down towards your groin
  - Repeat 10 times on both sides
- Remember to re-clear your groin



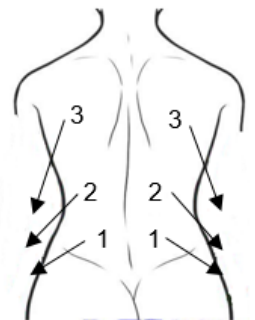
### Step 8 – Above Waist

- Place your hand on the side of your chest just below your armpit
- Stroke the skin down towards your groin
- Repeat 10 times on both sides
- Always stroke into the groin
- Remember to re-clear your groin



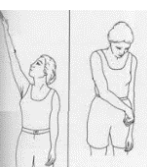
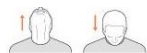
### Step 9 – Back (with help)

- You can sit or lie down on your front
- Helper places their hand on the side of your body
- Stroke the skin down towards your groin starting in sections as for the front
- Repeat 10 times on both sides
- Always stroke into the groin
- Remember to re-clear your groin



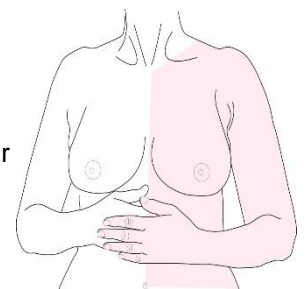
### Step 10 – Specific Exercises (10 of each on both sides)

- Neck:** Look up, then down; look left, then right (x5 only)
- Arms:** Reach up and out, then cross your arm over your stomach
- Elbows:** Bend and straighten
- Wrists:** Move up and down
- Hands:** Open and close fist
- Hips:** Sitting, lift leg up and down



### Step 11 – Breathing to Finish

- Sit or lie down with your shoulders relaxed and hands resting below your ribs
- Breathe in and feel your stomach rising (imagine a balloon inflating under your hands)
- Slowly breathe out and press gently inwards with your hands
- Repeat five times



Follow the link or QR code to view a short video: [www.medic.video/w-lymph](http://www.medic.video/w-lymph)

