



Lower 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 are 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.

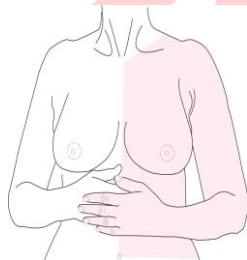
What to do:

- 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 massage over that area

In the diagrams we refer to your unaffected (good) side and affected (bad) side. (Complete 10 of each both sides)

Step 1 – Breathing

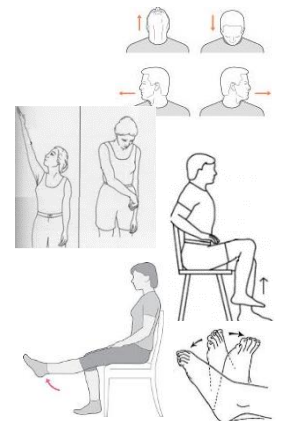
- Sit or lie down with your shoulders relaxed and your hands resting below your ribs
- Breathe in and feel your stomach rising (imagine a balloon inflating under your hands)
- Slowly breathe out and press gently inwards with your hands
- Repeat five times



Step 2 – Specific Exercises

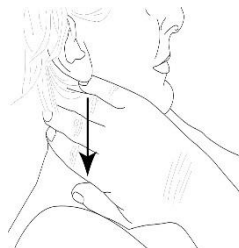
(10 of each on both sides)

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. **Hips:** Lift your leg up and down
4. **Knees:** Bend and straighten
5. **Ankles:** Move foot up and down



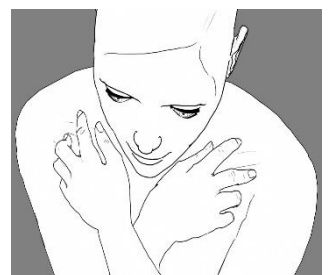
Step 3 - Neck

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



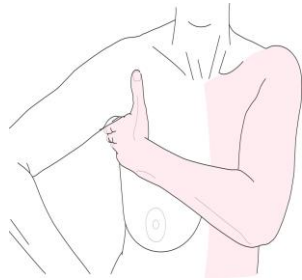
Step 4 - Collarbones

- 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 - Armpit

- Place your hand in your armpit
- Massage upwards into your armpit and release (10 times)
- Ensure the direction is always upwards
- Repeat both sides



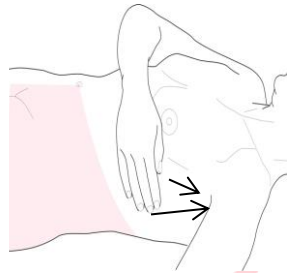
Alternative Method for Step 5

- Place your hand in your armpit
- Cross the other arm across your body towards your opposite hip
- Repeat 10 times on both sides



Step 6 – Above Waist

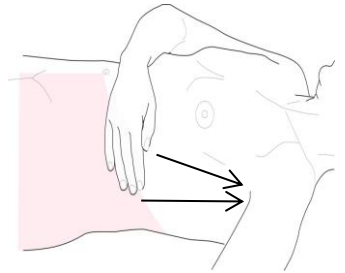
- Place your hand on the side of your chest above your waist (bad side)
- Stroke the skin upwards towards your armpit
- Repeat 10 times, always stroking into the armpit



Step 7 – Waist

- Place your hand on your waist (you can use two hands if you like)
- Stroke the skin up towards your armpit
- Repeat 10 times

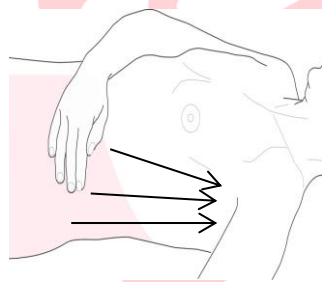
Remember to clear the armpit every now and then



Step 8 – Below Waist

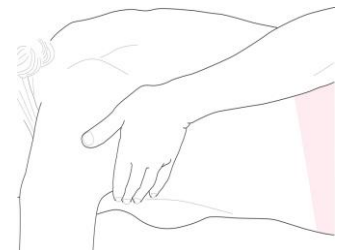
- Place your hand on your stomach below the waist
- Stroke the skin upwards over your waist up towards your armpit
- Repeat 10 times

Remember to clear the armpit every now and then



Step 9 – Back – Armpit (if help available)

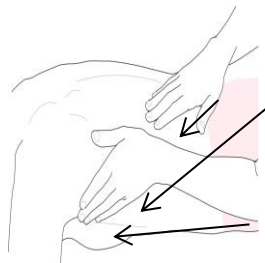
- You can lie on your front or side
- Helper places hand in your armpit
- Massage upwards into the armpit and release (10 times)
- Ensure that you always stroke upwards



Step 10 – Back and Buttocks (if help available)

- Starting on the upper back helper strokes the skin up into the armpit
- Next stroke up across the waist
- Then stroke up from the buttocks and back of the thigh
- Always stroke out of the side of the body and up to the armpit

Remember to clear the armpit afterwards



Steps 11 and 12 – Finishing your SLD

Repeat Step 2 – Specific Exercises (10 of each):

- Neck – look up and down, left and right (x5 only)
- Arms – arm up and out, then down and across
- Hips – lift leg up and down
- Knees – bend and straighten knee
- Ankles – move foot up and down

Repeat Step 1 – Breathing Exercise (5 times)

- Sit or lie down with your shoulders relaxed and hands resting below your ribs
- Breathe in and feel your stomach rising. Slowly breathe out and press gently inwards with your hands

Follow the link or QR code to view a short video: www.medic.video/w-lymph

