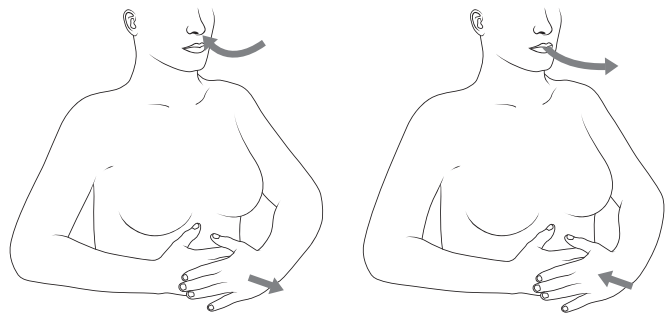


1. Deep breathing

A very important part of your self-care is deep breathing. Deep breathing helps to stimulate lymphatic system in your whole body. You can practice deep breathing anytime!

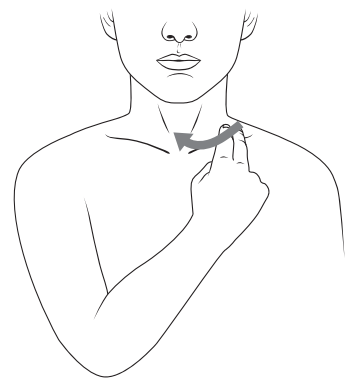


- Place the palms/flats of your hands on your stomach.
- Slowly, breathe in deeply through your nose, and let your stomach expand.
- Breathe out slowly through pursed lips (as if you were about to blow out a candle), and let your stomach flatten.
- Repeat 5 times. Take a short rest between each breath so you do not get dizzy.

2. Stretch and release the skin at the front of your neck

This step helps lymph fluid drain back to your bloodstream at your neck. You can massage 1 side at a time or both sides at the same time. Cross your hands if you are doing both at the same time.

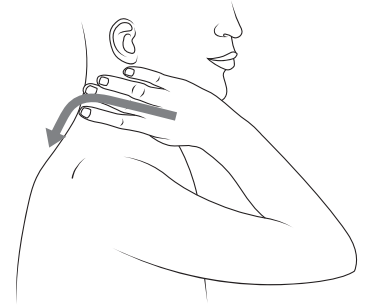
- Place the flats of your 2nd and 3rd fingers on either side of your neck, just above your collarbone. Do a shoulder shrug up and feel the dip in the skin. This is the correct position.
- Massage down and inwards towards your collarbone.
- Always keep your fingers above your collarbone. Gently stretch the skin just as far as it naturally goes and release.
- This massage will look like two “J” strokes facing one another.
- Repeat 15 times.



3. Stretch and release the skin at the side of your neck

You can massage one side at a time, or do both sides together.

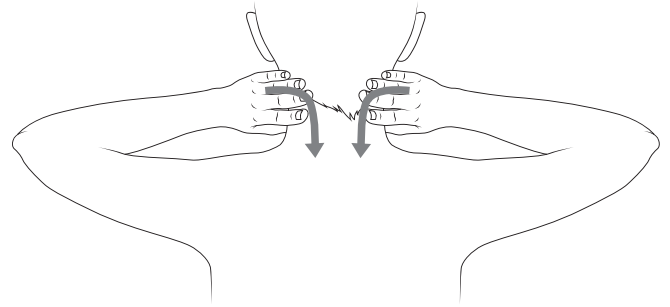
- Place your flat hands on either side of your neck, just under your ears.
- Gently stretch the skin back (away from your face) and down, then release.
- Try to massage your neck in a slow, gentle way, following a rhythm.
- Repeat 10 to 15 times.



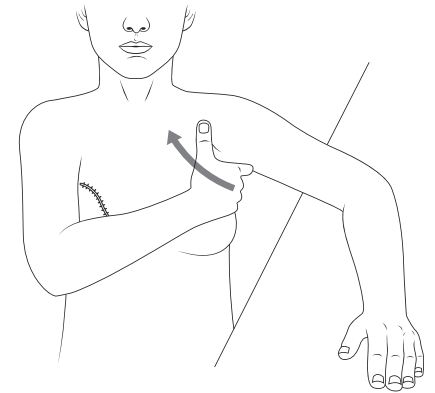
Remember: Keep your pressure light.

4. Stretch and release the skin on the back of your neck

- Place your flat hands on the back of your neck, just below your hairline on either side of your spine.
- Stretch the skin towards your spine and then down towards the base of your neck and release.
- Repeat 10 to 15 times.



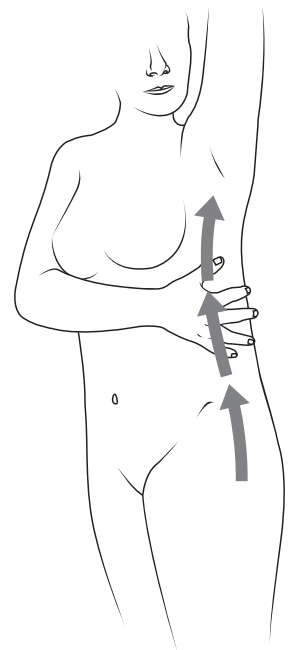
For step 5 and 6, place your arm in a comfortable position. Keep it slightly raised and supported.



- Gently pull up and in toward your body, then release.
- Repeat 10 to 15 times.

6. Stretch and release the skin from your hip to your underarm

- Gently massage from the outside of your hip (beside your hip bone) using several small strokes. Massage upward along the side of your body to your underarm.
- Gently stretch the skin as far as it goes naturally and release.
- Repeat 10 to 15 times.



Positioning before starting leg massage

Try these leg positions to avoid low back strain:

- Place your foot on a low stool.
- Put your ankle on your knee.
- Place your foot on a higher stool.

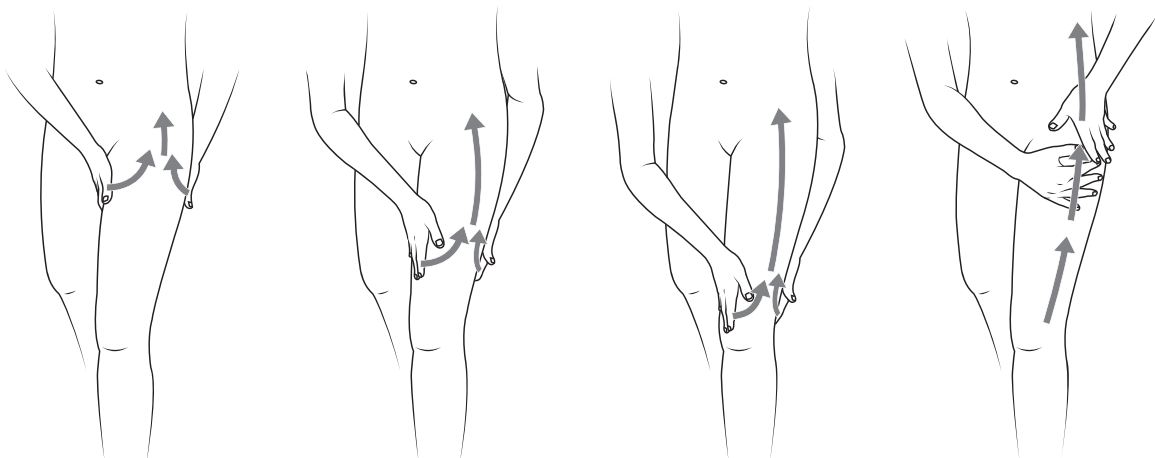
Use a pillow for support if needed. Do not strain your back, wrists or hands. Change your position as needed.

7. Stretch and release the skin from the inside of your leg to the outside of your leg

Fluid normally flows up the inside of your leg into the lymph nodes in your groin. This step directs fluid away from the inside of your leg to the side of your leg and up the side of your body into your underarm.

When doing this massage, make sure you are comfortable. Do not strain your back, wrists or hands. You can also add deep breathing to make the massage even more effective.

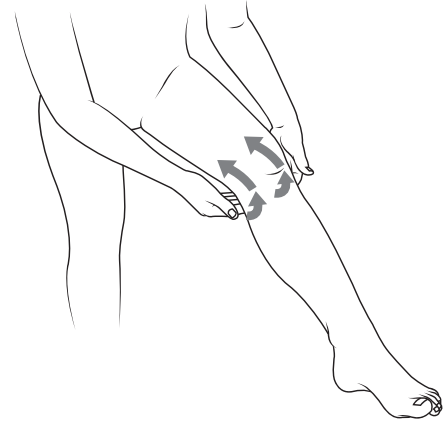
- Start at the top of your leg.
- Place one hand on the inside of your leg and one hand on the back of your leg, without straining your wrist, hand or arm.
- Gently stretch and release the skin from the inside of your leg towards the side of your leg and up towards your hip.
- Shift your hands lower on your leg and repeat. Keep shifting down and repeating this step until you reach your knee as shown in the pictures.
- Now place your hand on the outside of your knee. Switching between your left and right hands, stretch the skin in an upward motion towards your underarm.
- Repeat each section 10 to 15 times.



8. Prepare your knee

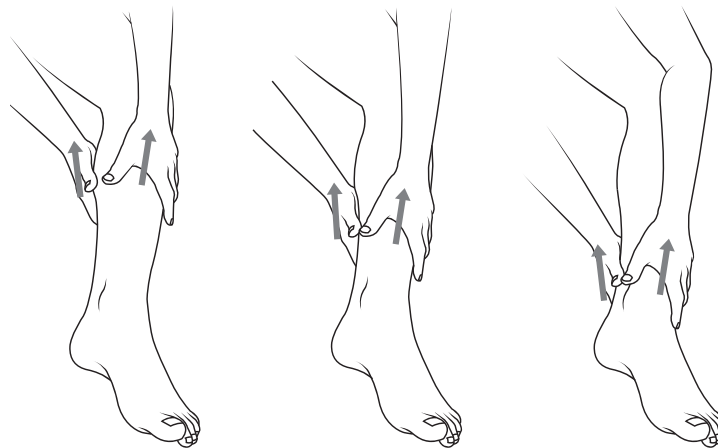
This step will prepare the lymph nodes in the back of your knee to take in fluid.

- Place your hands behind your knee
- Gently pump the back of your knee in a rolling, upward motion (making a “J” shape).
- Repeat 10 to 15 times.



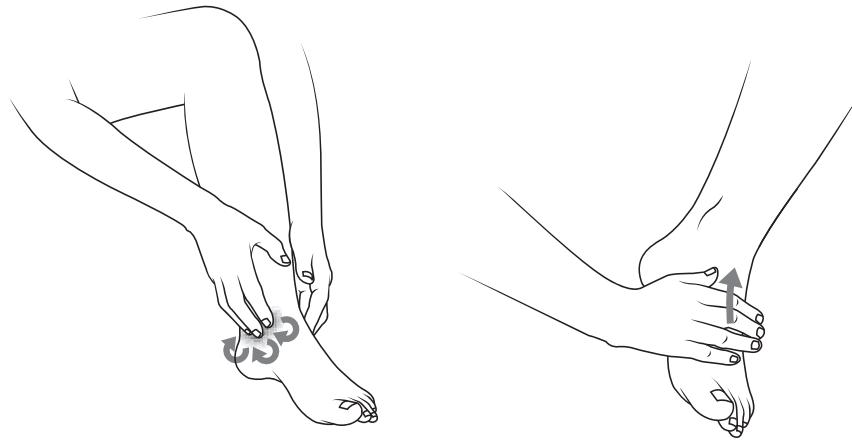
9. Stretch and release the skin on your lower leg

- Place one hand on your shin and the other hand on the back of your lower leg, just below your knee.
- Gently stretch the skin towards your upper leg and release.
- Shift your hands down and repeat this upward motion until you reach your ankle.
- Remember to stretch and release the skin up towards your knee.
- Repeat 10 to 15 times.



10. Stretch and release the skin on your ankle and foot

- Continue the stroke from the previous step on your ankle and foot.
- Remember to gently stretch the skin as far as it goes naturally.
- Always stroke up.



11. Massage for swollen toes

Do the following step if your toes are swollen.

- Place your index finger and thumb on the base of your toe.
- Gently push the fluid towards your foot.
- Repeat often.

