

5. Deep Breathing

- Slowly in through nose
 - Hold for a count of two
 - Breathe out through mouth
- x10 or 20

Rest for 5 minutes

Simple Lymphatic Drainage [SLD] for Unilateral Arm Oedema

General Principles of SLD

1. Very light touch [think of stroking clouds]
2. Fingers straight and together
3. Fingers:
 - a. take skin towards nearest functional lymph nodes
 - b. relax pressure when skin can no longer be stretched
 - c. allow skin to bring hands back to starting position
4. Each movement is repeated five times
5. Each sequence is repeated three times

Plan & Sequence for Unilateral Arm Oedema

1. **Deep Breathing** x 10 or 20
2. **Neck Massage**
 - 2.1 first position x5
 - 2.2 second position x5
 - 2.3 third position x5

(sequence x 3)
3. **Axillary Lymph Nodes Massage**

First position x 5
second position x5

(sequence x 3)
4. **Upper Chest Massage** x 5 or 10

(sequence x 3)
5. **Deep Breathing** x 10 or 20
Rest for 5 minutes

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1. Deep Breathing

- Slowly in through nose
 - Hold for a count of two
 - Breathe out through mouth
- x10 or 20

Rest for 5 minutes

2. Neck Massage

2.1 [1st position just below ear lobes]

- Take skin back towards and down towards shoulders
- Relax light pressure
- Let skin bring hands back to starting position x 5



2.2 [2nd position halfway between ears and shoulders]

- Take skin back towards and down towards shoulders
- Relax light pressure
- Let skin bring hands back to starting position x 5



2.3 [3rd position under angle of bottom jaw and below above collar bone]

Using pads of index and middle fingers

- Bring skin towards the collar bone and circle skin towards the neck
- Relax light pressure
- Let skin bring hands back to starting position x 5



[Repeat 2.1, 2.2, and 2.3 three times]

3. Axillary Lymph Nodes Massage

3.1 [1st position half hand width below axilla]

- Take skin towards the back and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5



3.2 [2nd position ½ hand width down chest wall from 1st position]

- Take skin towards the back and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5

[Repeat 3.1 and 3.2 three times]

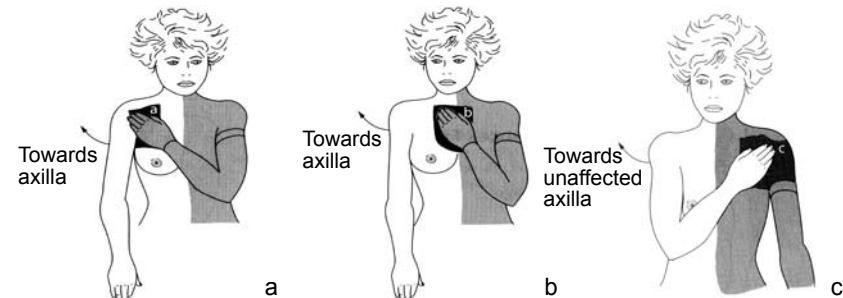
4. Upper Chest Massage

4.1 [1st position just below ear lobes]

Fingers on top of chest close to top of unaffected arm

- Take skin towards axilla and circle upwards
- Relax light pressure
- Let skin bring hands back to starting position x 5

Cover areas A,B,C [denoted by darker shading in illustrations below]
A x 5, B x 10, C x 5



[Repeat three times]