

5. Lower Abdomen Massage

(Work slowly from the unaffected areas [a + b] to affect area of the body [c] included)

5.1 [1st position (A)]

- place fingers at the far side of the waistline
- take the skin towards the side of the body and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5

5.2 [2nd position (B)]

- place fingers on area [b]
- take the skin towards the side of the body and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5

5.3 [3rd position (C)]

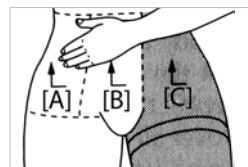
- place fingers on area [c]
- take the skin towards the side of the body and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5

[Repeat 5.1, 5.2, and 5.3 three times]

6. 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 Leg 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 Leg 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 on right and left sides of the body**
x 5 or 10
4. **Groin lymph nodes massage on unaffected side**
x 5 or 10
5. **Lower abdomen massage**
x 5 or 10
6. **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 on Right and Left Sides of the Body

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. Groin Lymph Nodes Massage on Unaffected Side

4.1 [1st position]

- Place fingers on inner side of upper thigh
- Take skin towards the inner thigh and circle it towards the groin
- Relax light pressure
- Let skin bring hands back to starting position x 5

4.2 [2nd position]

- Place fingers on top of the thigh
- Take skin towards the inner thigh and circle it towards the groin
- Relax light pressure
- Let skin bring hands back to starting position x 5

[Repeat 4.1 and 4.2 three times]

