



CAUTION!

The following Self-Manual Lymph Drainage sequence summary is to be used only as a supplement to Klose Training's Self-MLD video. This summary is not detailed enough to provide complete instructions for the sequence. This summary is to be used only as a quick reference guide after the sequence has been thoroughly learned by watching the Self-MLD video.

Self-MLD sequence for the **LEFT LOWER EXTREMITY**

The goal is to activate the lymphatic system and move edema fluid from the affected left lower extremity to the axillary lymph nodes (arm pit) on the affected left side and the inguinal (groin) lymph nodes of the unaffected, right side.

Repeat each step as often as desired. This self-treatment may take 25-30 minutes but can be shortened or extended as necessary. Even 10 minutes of trunk treatment will be beneficial.

Abdominal preparation

1. Start with alternating pressure and release on the various sections of the abdomen.
2. Perform deep abdominal breathing with assisted hand pressure.

Neck preparation

3. While sitting upright, perform shoulder circles by moving the collar bone up and around.

Trunk preparation

4. Clear the axillary (arm pit) lymph nodes on affected left side using circular movements.
5. Clear the affected left outer trunk by executing stationary circles toward the axilla (arm pit). Start near the axilla, gradually incorporating more of the outer trunk.
6. Clear the inguinal (groin) lymph nodes on the unaffected right side with stationary circles.
7. Clear the pathway across the super pubic area (between the inguinal lymph nodes) with stationary circles.

Leg treatment

8. Move fluid from your outer thigh toward your trunk with stationary circles.
9. Move fluid from your inner thigh toward the outer thigh, proceeding upward toward your trunk.
10. Clear pathways on the outer trunk and across the super pubic area.
11. Perform stationary circles on the inside and outside of your knee. Extra attention may be given to the inside of your knee where the lymph vessels from the lower leg converge.
12. Continue with stationary circles behind the knee and calf, progressing down the leg, stretching the skin upward, toward the trunk.
13. Perform stationary circles on the front of your ankle and on either side of your ankle bone.
14. Perform stationary circles on the top of your foot using flat fingers or fingertips.
15. Perform stationary circles on top of each of your toes.
16. Follow up with stationary circles along your lower leg toward your trunk.
17. Follow up with stationary circles across the outer trunk toward your left axilla and across the super pubic area toward your right groin while using deep, diaphragmatic breathing techniques.