



CAUTION

The following Self-Manual Lymph Drainage sequence summaries are to be used only as a supplement to Klose Training's Self-MLD video. They are not detailed enough to provide complete instructions for each of the sequences. These summaries are to be used only as a quick reference guide after the sequences have been thoroughly learned by watching the Self-MLD video.

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

The goal is to activate the lymphatic system and move edema fluid from the affected left upper extremity to the axillary lymph nodes (arm pit) of the unaffected right side and the inguinal (groin) lymph nodes of the left 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 your abdomen.
2. Perform deep abdominal breathing with assisted hand pressure.

Neck preparation

3. Perform shoulder circles.
4. Perform side-to-side head and neck stretches.
5. Perform side-to-side head & neck turns.
6. Clear the affected area above the collar bone with stationary circles.

Trunk preparation

7. Clear the unaffected axillary lymph nodes (right arm pit) with circular movements.
8. Clear the unaffected, right chest area with stationary circles.
9. Move skin over the breast bone from the affected to the unaffected side.
10. Move fluid from the affected left upper quadrant toward the right unaffected side.
11. Prepare the inguinal (groin) lymph nodes with stationary circles.
12. Move fluid down the affected side of your trunk toward your groin using stationary circles.

Arm treatment

13. Move fluid from your affected shoulder to the area above the collar bone, gradually incorporating more of your upper arm including the inner side. Always push fluid toward your shoulder and beyond, e.g. toward the pre-treated, unaffected side, and down to the groin lymph nodes.
14. Perform stationary circles in the affected axilla (arm pit). **CAUTION:** Check first with your primary therapist to make sure this is an appropriate technique for you!
15. Treat the inner side of your upper arm with your arm over your head using stationary circles all the way down to the inguinal (groin) nodes and across the axilla (arm pit).
16. Treat the inner and outer sides of your elbow with stationary circles. Follow up along the entire area with stationary circles as desired.
17. Treat the inner and outer sides of your forearm with stationary circles.
18. Treat your wrist and fingers with stationary circles, using your whole hand and/or finger tips as desired.
19. Follow up with stationary circles across your front and down toward your groin while using deep, diaphragmatic breathing techniques.

Self-MLD sequence for the **RIGHT UPPER EXTREMITY**

The goal is to activate the lymphatic system and move edema fluid from the affected right upper extremity to the axillary lymph nodes (arm pit) of the unaffected left side and the inguinal (groin) lymph nodes of the 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. Perform shoulder circles.
4. Perform side-to-side head and neck stretches.
5. Perform side-to-side head & neck turns.
6. Clear the affected area above the collar bone with stationary circles.

Trunk preparation

7. Clear the unaffected axillary lymph nodes (left arm pit) with circular movements.
8. Clear the unaffected left chest area and breast with stationary circles.
9. Stretch skin using stationary circles over the breast bone from affected to unaffected side.
10. Move fluid from the affected right upper quadrant toward the left unaffected side
11. Prepare the inguinal (groin) lymph nodes with stationary circles.
12. Move fluid down the affected side of your trunk toward your groin using stationary circles.

Arm treatment

13. Move fluid from your affected shoulder to the area above your collar bone, gradually incorporating more of the upper arm including the inner side. Always push toward your shoulder and beyond, e.g. toward the pre-treated, unaffected side and down to the groin lymph nodes.
14. Perform stationary circles in the affected axilla (arm pit). CAUTION: Check first with your primary therapist to make sure this is an appropriate technique for you!
15. Treat the inner side of your upper arm with your arm over your head using stationary circles all the way down to the inguinal (groin) nodes and across the axilla (arm pit).
16. Treat the inner and outer sides of your elbow with stationary circles. Follow up along the entire area with stationary circles as desired.
17. Treat the inner and outer sides of your forearm with stationary circles.
18. Treat your wrist and fingers with stationary circles, using your whole hand and/or finger tips as desired.
19. Follow up with stationary circles across your front and down toward your groin while using deep, diaphragmatic breathing techniques.

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.

Self-MLD sequence for the RIGHT LOWER EXTREMITY

The goal is to activate the lymphatic system and move edema fluid from the affected right lower extremity to the axillary lymph nodes (arm pit) on the affected right side and the inguinal (groin) lymph nodes of the unaffected, left 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 your affected right side with circular movements.
5. Clear the affected right lateral trunk with stationary circles toward the axilla. Start near the axilla, gradually incorporating more of the outer trunk.
6. Clear the inguinal (groin) lymph nodes on your unaffected left side with stationary circles.
7. Clear the pathway across the super pubic area (between 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 super pubic area (follow-up moves)
11. Perform stationary circles on the inside and outside of your knee. Extra attention may be given to inside of the 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 right axilla and across the super pubic area toward your left groin while using deep, diaphragmatic breathing techniques.