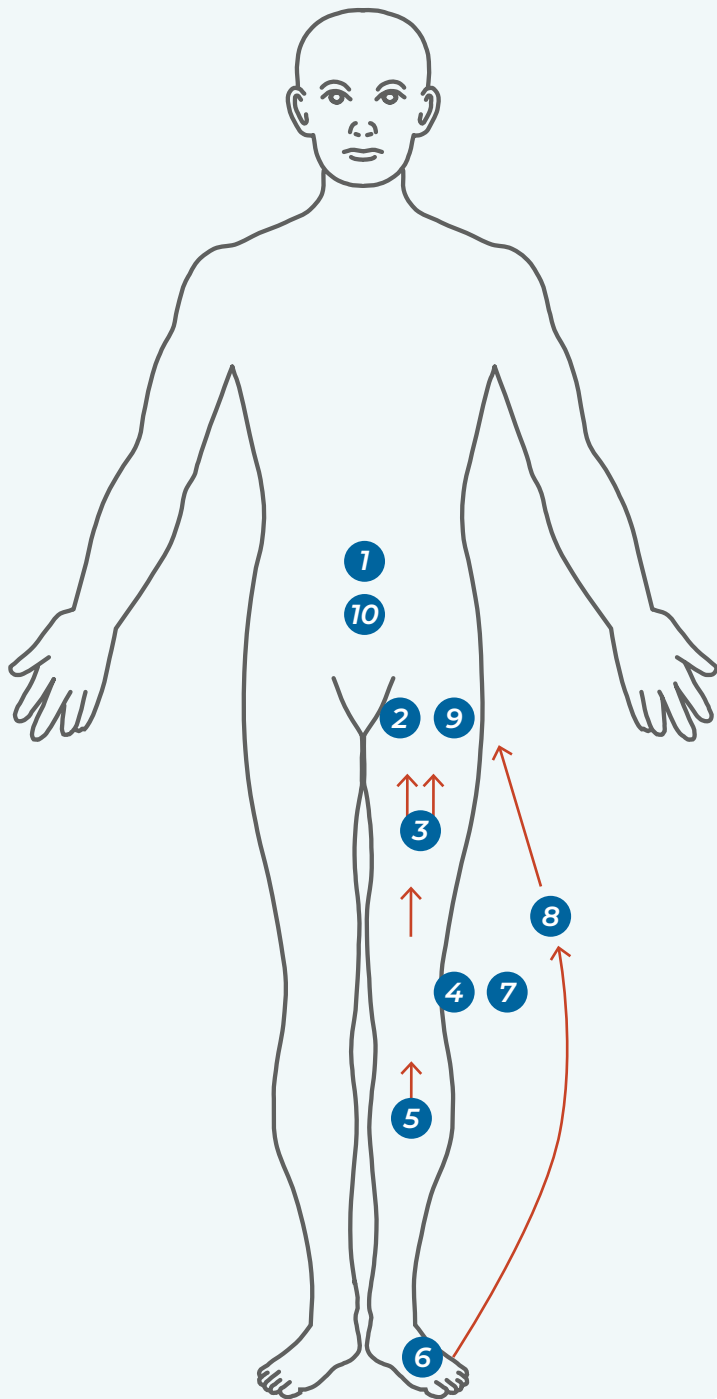


# Manual Lymphatic Drainage: Lower Extremity



Shepherd Center



## Sequence:

1	Deep abdominal breathing (x5 - 10)
2	Open hand circle at hip bend (x5 - 10)
3	Upward light strokes along top of the thigh to knee (x5 - 10)
4	Open hand circles behind the knee (x5 - 10)
5	Upward light strokes from knee to feet
6	Upward strokes from feet/toes up to knee
7	Open hand circles behind the knee (x5 - 10)
8	Continue upward strokes moving back up to thigh
9	Open hand circles at hip bend
10	Deep abdominal breathing (x5 - 10)

## Where?

This massage is best completed lying in bed or on a mat.

## Tips

- Massage pressure applied at joints (hip bend/behind knee) is firmer than the upward strokes along the leg.
- When massaging, imagine you have paint on your hands and you want to cover these areas (legs) with paint.

## When to Complete?

- Complete this massage routine no more than once daily or a few times a week if able.
- Total treatment time should be about 30 - 45 minutes.
- Most people swell more in the afternoon and may benefit from this treatment during that time.

For more information, visit [myshepherdconnection.org](http://myshepherdconnection.org).