

St Margaret's
Hospice Care

Lymphoedema Service

Simple lymphatic drainage massage (SLD)
for left arm or breast lymphoedema



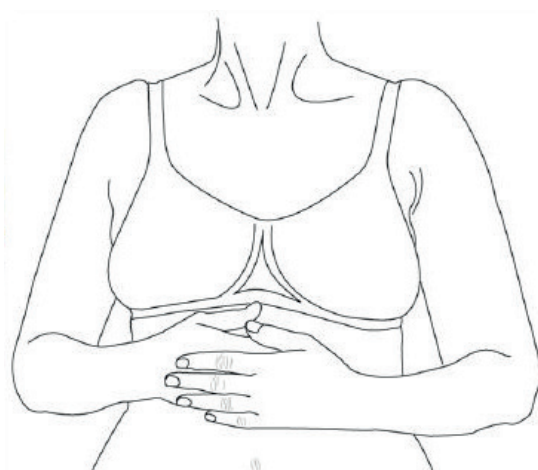
Introduction

Simple lymphatic drainage (SLD) is a special form of massage used to help people with lymphoedema and is based on the principles of manual lymphatic drainage. The aim of SLD is to move lymph fluid to areas of the body where it can drain away more easily.

- The massage should be gentle and light, just enough pressure to move the skin and not cause any redness. Slow and rhythmical with your hand relaxed and done on bare skin, not over clothes, and do not use any oils or creams
- You should spend about 15-20 minutes doing the massage, twice a day
- Make sure you are in a comfortable position, lying or sitting is best and in a quiet place where you won't be disturbed
- If you have arm swelling remember to wear your sleeve when you are massaging
- It is fine for someone else to help you with the massage if you wish

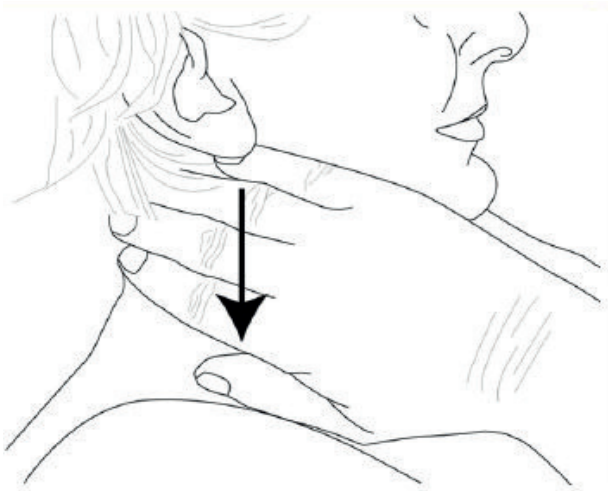
Step 1 - Breathing

- Sit or lie down with shoulders relaxed and hand resting below the ribs
- Breathe in and feel your abdomen rising (imagine a balloon inflating under your hands)
- Slowly breathe out and press gently inwards with your hands
- Repeat 5 times



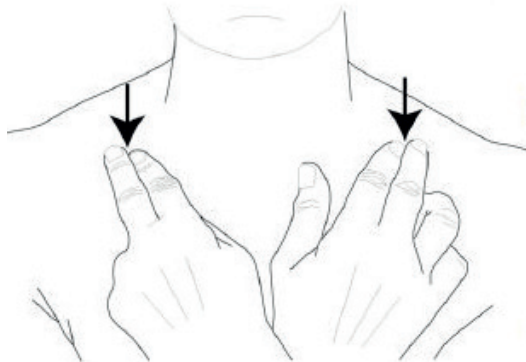
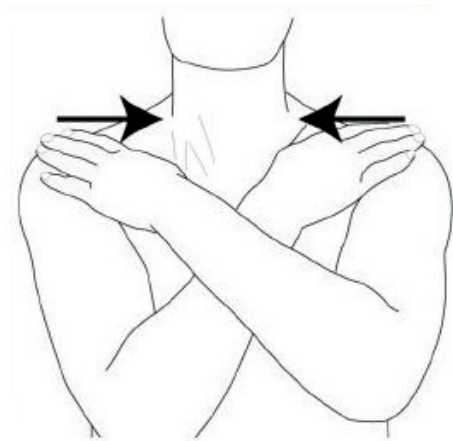
Step 2 - Neck

- Place your relaxed hands on your neck below your ears
- Gently stretch or stroke the skin down towards your shoulders and release
- Repeat this movement 10 times



Step 3 - Shoulders

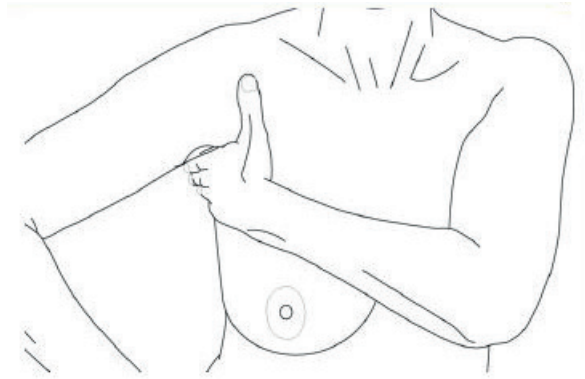
- Place your relaxed hands on your shoulders and stroke inwards to the hollow behind your collarbone



- Use your finger pads to make gentle pressures into the hollow behind your collarbone
- Repeat this 5 times

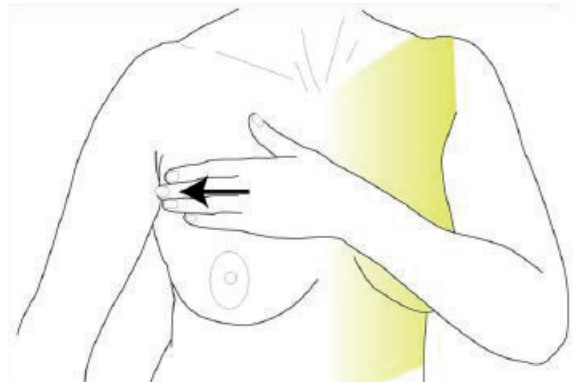
Step 4 - Armpit

- Place your left hand in your right armpit
- Massage upwards into your armpit and release (10 times)
- Ensure the direction is always upwards



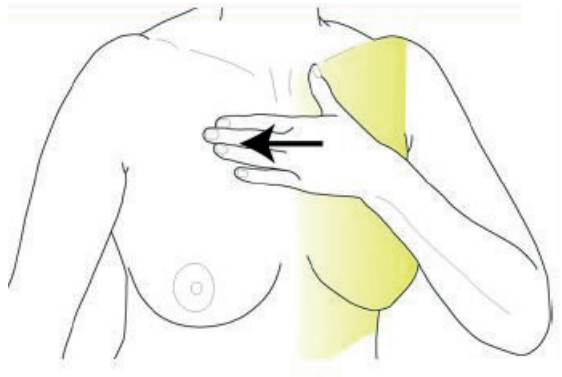
Step 5 - Chest

- Place your relaxed hand on the right side of your chest
- Stroke the skin across towards your right armpit
- Repeat 5-10 times, always stroking into the armpit



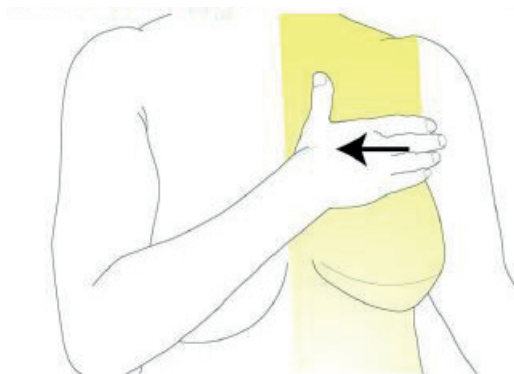
Step 6 - Chest cont.

- Place your relaxed hand on the middle of your chest
- Stroke the skin across towards your right armpit
- Repeat 5-10 times, always stroking into the armpit



Step 7 - Chest cont.

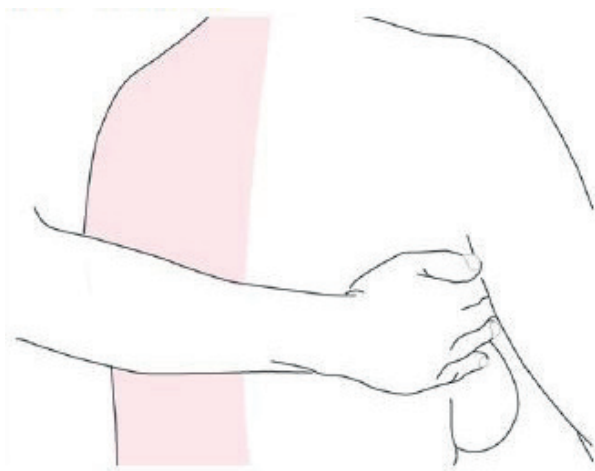
- Place your relaxed hand on the left side of your chest
- Stroke the skin across towards your right armpit
- Repeat 5-10 times, always stroking into the armpit



Step 8 - Armpit/Back (with help)

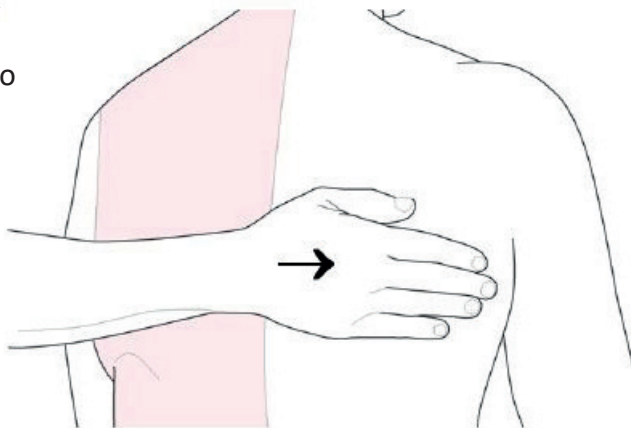
Sitting or lying:

- Place relaxed hand in the right armpit
- Massage upwards into the armpit and release
- Repeat 10 times
- Ensure the direction is always up



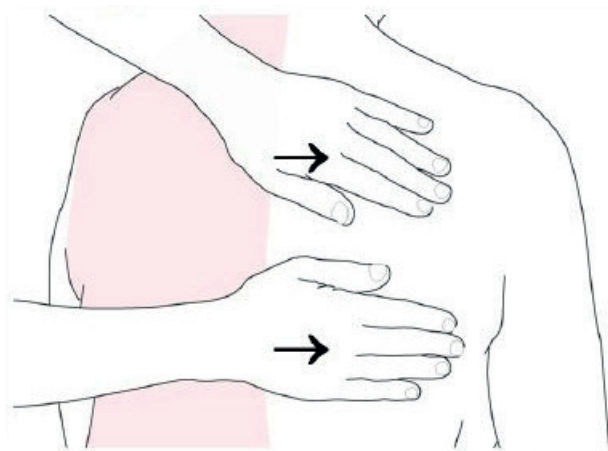
Step 9 - Back 1 (with help)

- Place relaxed hand(s) on the right side of the back
- Stroke the skin across into the right armpit and release
- Repeat 5-10 times



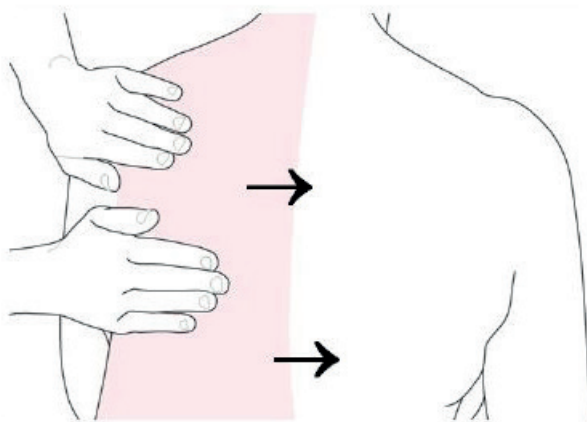
Step 10 - Back 2 (with help)

- Place relaxed hand(s) on the middle of the back
- Stroke the skin across into the right armpit and release
- Repeat 5-10 times



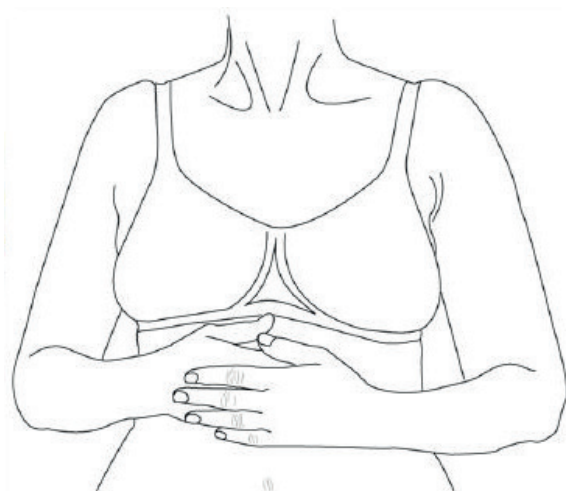
Step 11 - Back 3 (with help)

- Place relaxed hand(s) on the left side of the back
- Stroke the skin across into the right armpit and release
- Repeat 5-10 times



Step 12 - Breathing to finish

- Sit or lie down with shoulders relaxed and hands resting below ribs
- Breathe in and feel your abdomen rising (imagine a balloon inflating under your hands)
- Slowly breathe out and press gently inwards with your hands
- Repeat 5 times



St Margaret's Hospice Care Taunton Hospice,
Heron Drive, Bishops Hull, Taunton, TA1 5HA

 01823 333822

St Margaret's Hospice Care Yeovil Hospice,
Little Tarrat Lane, Yeovil, BA20 2HU

 01935 709480

 CRC@st-margarets-hospice.org.uk

St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via info@st-margarets-hospice.org.uk

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

Publication date: May 2018

L|030|01

Registered Charity No: 279473



St Margaret's
Hospice Care