

St Margaret's
Hospice Care

Lymphoedema Service

**Simple lymphatic drainage massage (SLD)
for right leg lymphoedema**



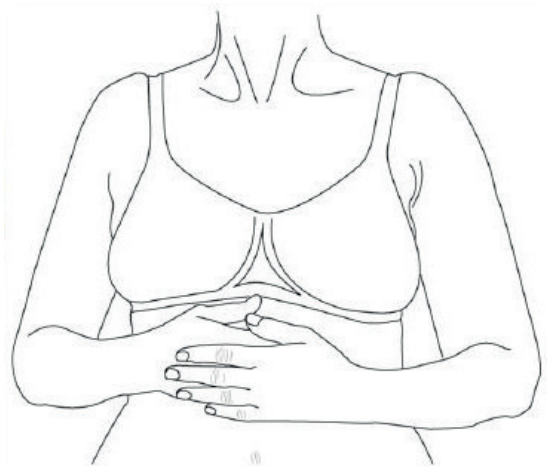
Introduction

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
- Remember to wear your garment when you are massaging
- It is fine for someone else to help you with the massage if you wish

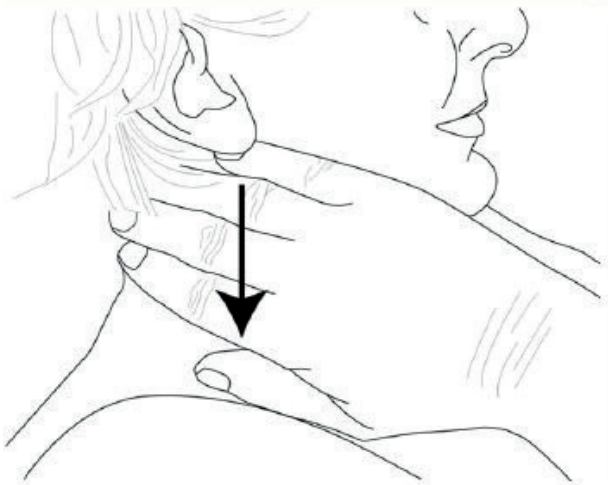
Step 1 - Breathing

- 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



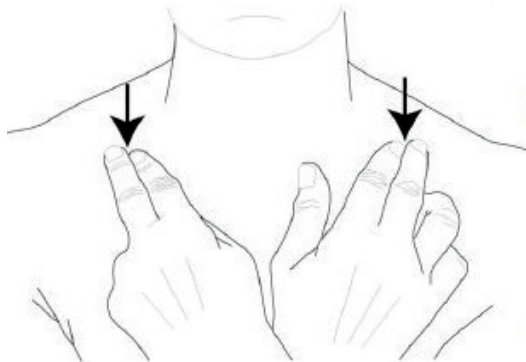
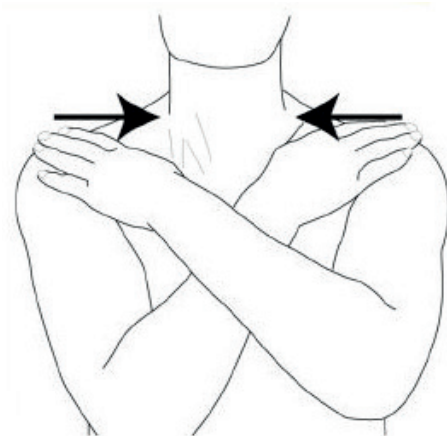
Step 2 - Neck

- 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



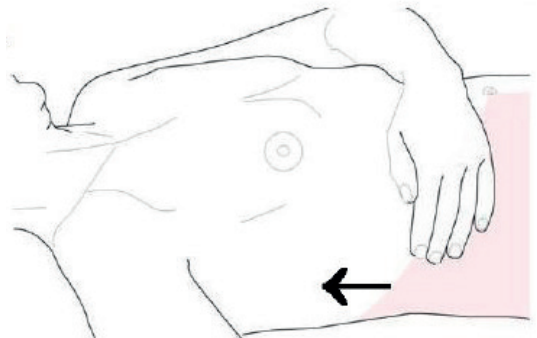
Step 5 - Above waist

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



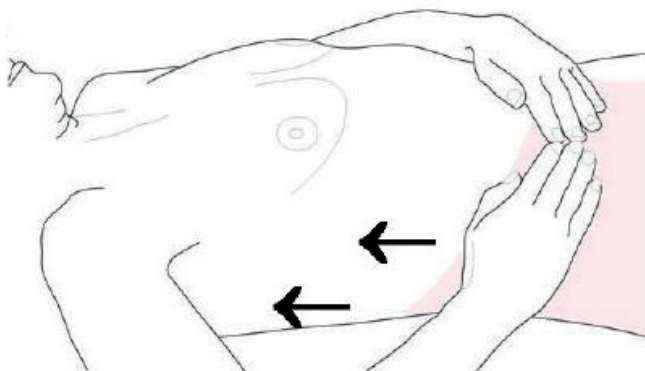
Step 6 - Waist

- Place your relaxed hand on your waist
- Stroke the skin upwards towards your right armpit
- Repeat 5-10 times



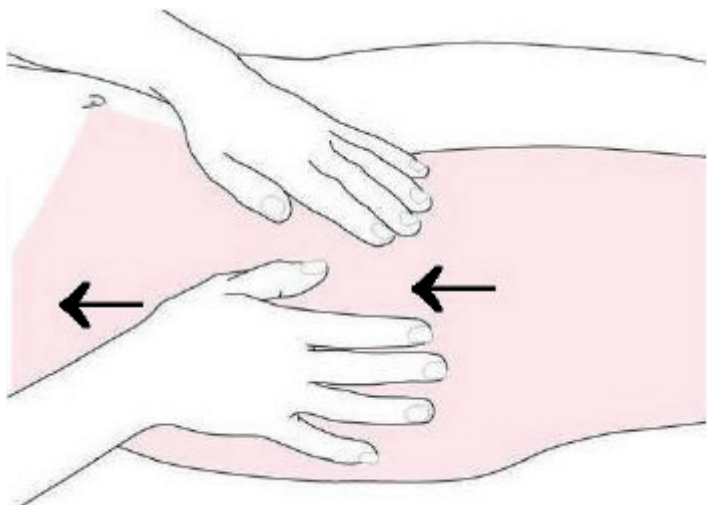
Step 7 - Below waist

- Place your relaxed hand on your right abdomen below your waist
- Stroke the skin upwards over your waist
- Repeat 5-10 times
- Finish by stroking into your right armpit



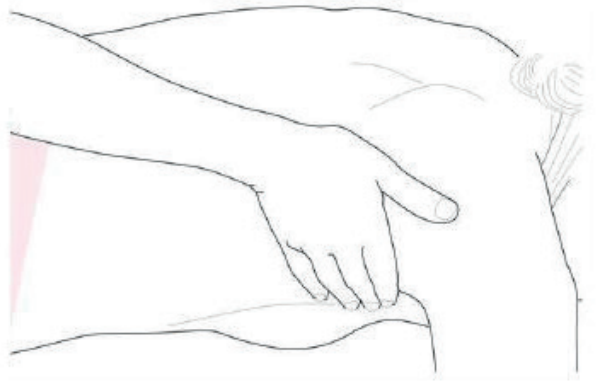
Step 8 - Leg (optional)

- Place your relaxed hand on your right hip and stroke the skin upwards
- Repeat starting from the front of your thigh, stroking out and upwards
- You can include the back of your leg but always stroke out towards the side and up to your armpit, not over the groin



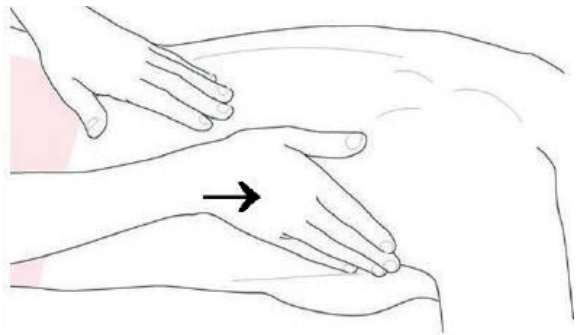
Step 9 - Back (armpit) - if help available

- Lying on your front or side
- Place your hand in the right armpit
- Massage upwards into the armpit and release (10 times)
- Ensure the direction is always upwards



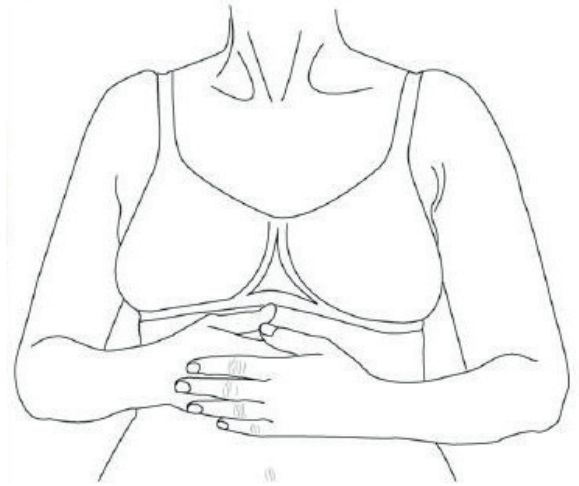
Step 10 - Back and buttocks

- Place your relaxed hand on the right side of your body
- Stroke the skin up into the right armpit
- Start on the upper back
- Next stroke up across the waist
- Next stroke up from the buttocks and back of the thigh
- Always stroke out to the side of the body and up to the armpit



Step 11 - 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



Space for your own notes:

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

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Publication date: May 2018

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Registered Charity No: 279473

