

LYMPHEDEMA SELF CARE

**MLD BI-LATERAL
MASTECTOMY/LUMPECTOMY
WORKSHEET**
(VIDEO SUPPORTED)



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Self – MLD BI-LATERAL Mastectomy/Lumpectomy Worksheet – seated

Note: Usually lymph node removal and/or radiation are only done on one side, not both.

1. Open the SCF (Supraclavicular Fossa) 15x

- All of the lymph from the whole body drains to the SCF. If we open it first, all the lymph can flow and drain to the SCF. With hands relaxed completely, index & middle finger sit in the hollow on top of the clavicle. Gently stretch skin towards the clavicular notch and release.
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Bamboo is the symbol of longevity, strength, and grace.



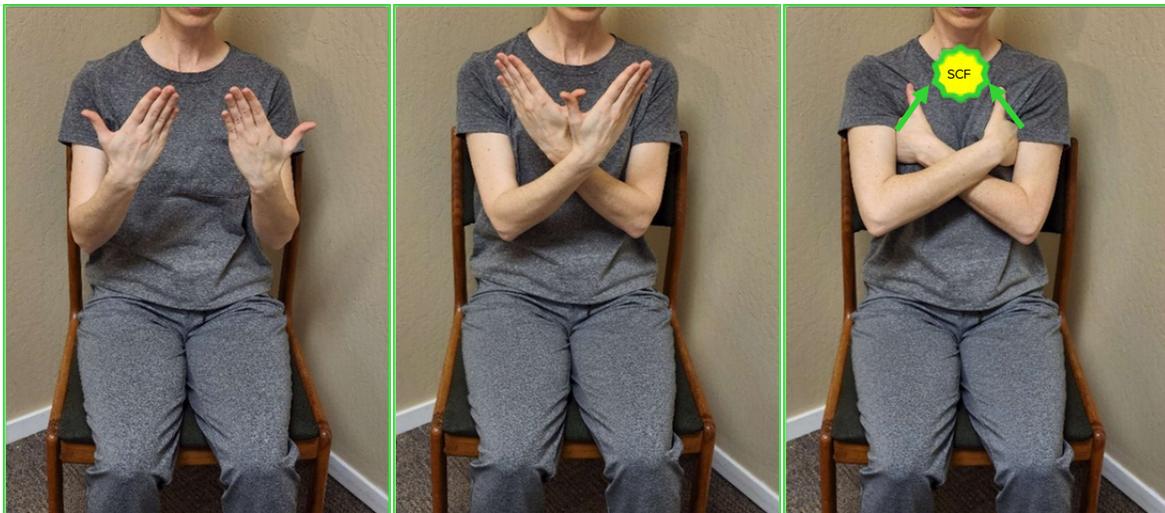
2. Index finger behind the ear, hand on face 15x

- There are 6-700+ lymph nodes in the neck; we are stimulating them and telling them “Hey! We’re going to send you some lymph! Wake Up & GET READY!!!” Gently stretch the skin from the ear and face, using as much hand/finger surface area as
- possible, down the sides of the neck to the SCF to drain (you may do one side at a time or both sides together).



3. Axilla Stretching – Flabby Bear Paws – relaxed hands 15x

- Hands in opposite axillae, completely relaxed.
- Stretch the skin as far as it goes from the axillae towards the SCF.
- Relax skin/hands and follow the skin back to the axilla.





Note: From this point forward do all exercises on both sides.

4. Inguinal Lymph Nodes – move lymph towards the belly button, stretch forward X15

leg

- Cross your hands, **affected** hand below, **unaffected** hand on top.
- Place hands in the groin area below the leg crease, towards the inside of the thigh.
- Stretch skin from the groin up to the **affected** side of the belly button. Slide back to the groin and repeat.



Ferns are the symbol of new beginnings.



5. Affected Arms MLD – upper arm 15x

- There are 2 hand widths on your upper arm. We do this move in 2 positions. First we open the area closest to the axilla by the missing lymph nodes, THEN the area above the elbow has somewhere to drain.

- Part 1

✓ Place your **unaffected** hand on your **affected** upper arm and move the lymph away from the axilla that has had the lymph nodes removed: OUT/UP/ACROSS.

✓ OUT from inside to outside of the arm from **affected** axilla where the lymph nodes are removed or radiated. ✓ UP the outside of the arm to the shoulder. ✓ ACROSS the sternal watershed to the **unaffected** axilla where the lymph

nodes are still functioning.

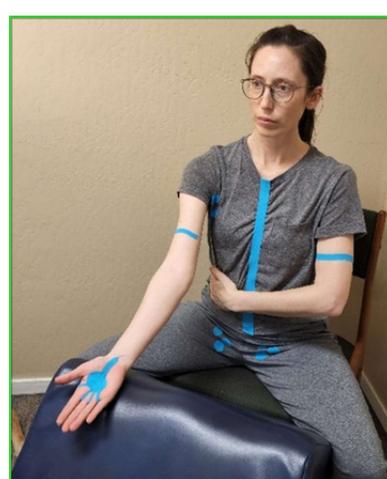
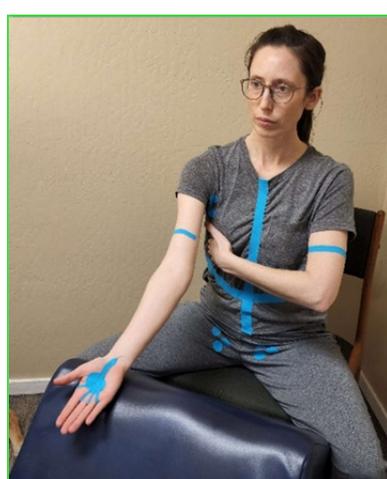


Philodendron is the symbol of good health.



❁ Part 2

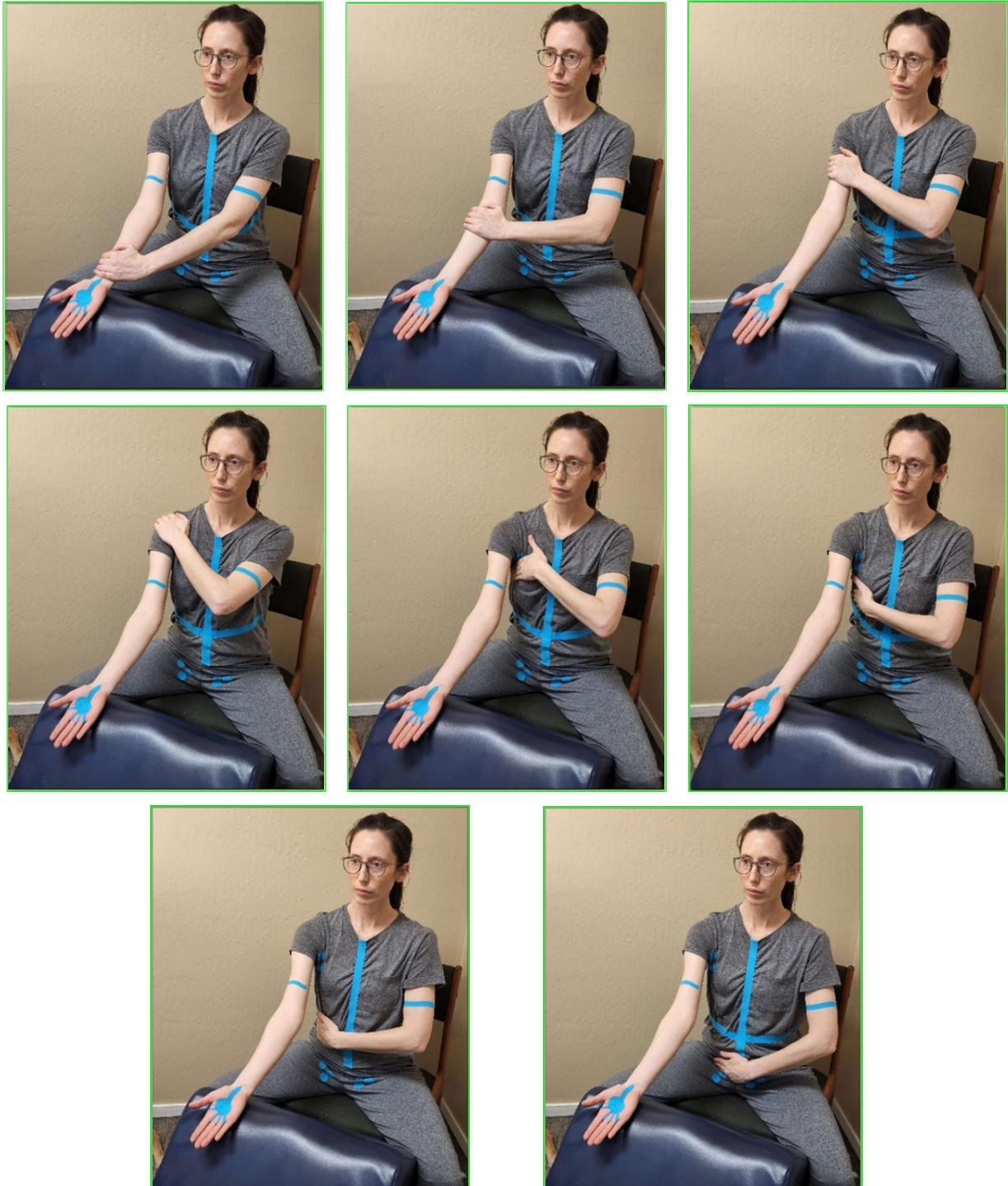
- ✓ Place your **unaffected** hand on your **affected** arm at your elbow, and move the lymph away from the axilla that has had the lymph nodes removed: OUT/ UP/DOWN. OUT from inside to outside of the arm from **affected** axilla where the lymph nodes are removed or radiated. UP the outside of the arm to the shoulder. DOWN past the waist watershed to the inguinal lymph.





6. Inside of **affected** arm(s) MLD – wrist – shoulder – down past the waist to the inguinal lymph nodes **15x**

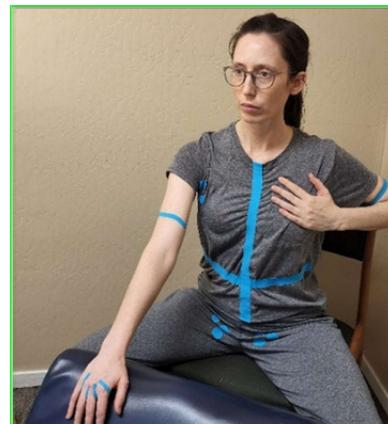
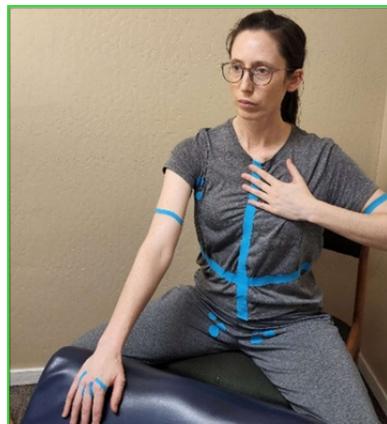
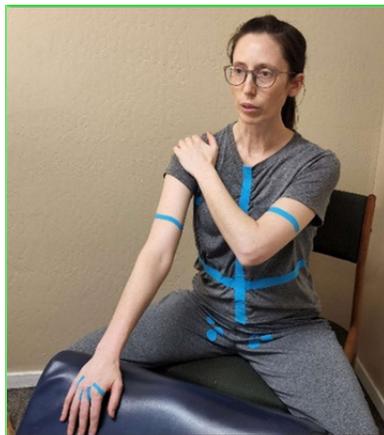
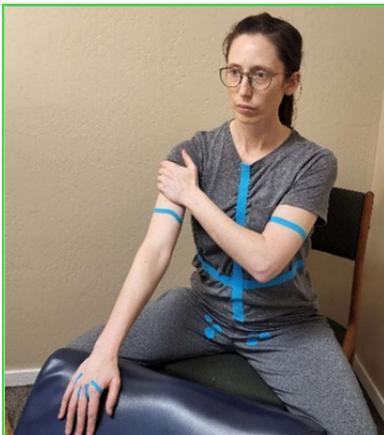
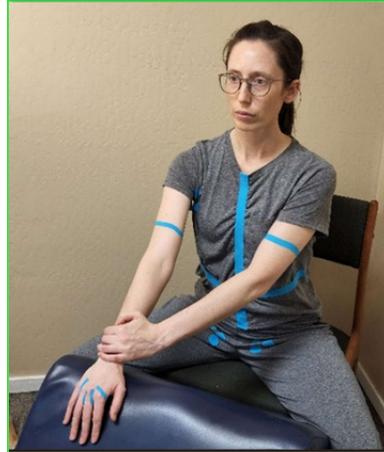
- Relax affected hand palm up on affected knee.
- Using the full surface of your unaffected hand, start at the wrist.
- Gently stretch the skin inside of arm, wrist, elbow, shoulder, and down to the inguinal lymph nodes in the groin crease area.





7. Palm of hand Lymph flow 15x

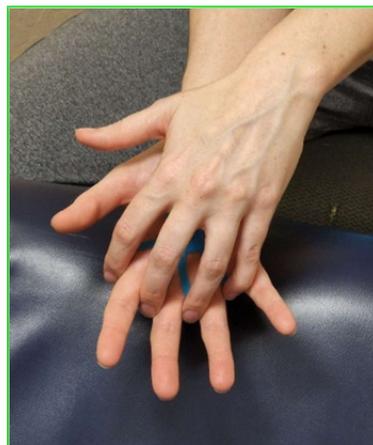
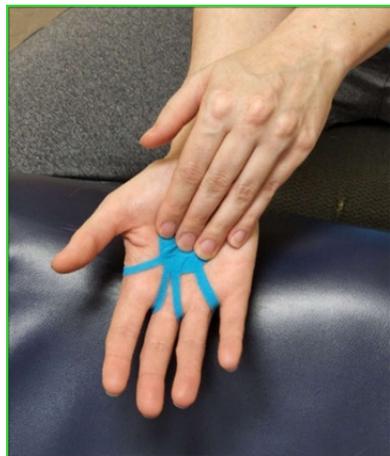
- Gently grasp your affected hand with your unaffected hand, unaffected thumb in the center of your affected palm.
- With your unaffected hand use full skin contact up the inside of the affected arm, OUT to the shoulder, UP and DOWN through the axilla, to the side of the trunk past the waist watershed to the inguinal lymph nodes.





8. Lymph flow through the web spaces 15x

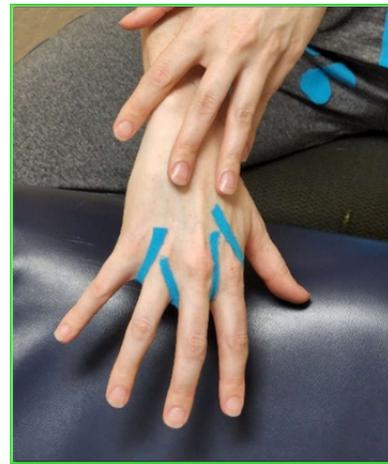
- Place your fingertips together in the center of your **affected** palm. Spread your
- fingers out to go from the center of your palm out through each webspace, like the church and steeple game when you were a child. Glide your fingers through the
- finger web spaces to clasped hands.





9. Lymph flows over the top of the hand 15x

- Put your **unaffected** hand on top of your **affected** hand, fingers in web spaces.
- Draw the lymph over the top of your **affected** hand, use full hand surface area.
- UP the top of the forearm, full hand contact.
- OUT to the outside of the arm.
- OVER the **affected** shoulder.
- DOWN the side of the trunk to inguinal lymph nodes in the groin.



10. Diaphragmatic breathing to increase lymph flow – or – laughing does the same thing. Tell yourself a joke 5x

- Sit with your hands on your belly under your ribcage. Sit up straight, INHALE, feel
- your hands expand into your belly. Completely EXHALE, suck belly in and curl
- forward, push hands in under ribcage.

Ø NO TIME Self-MLD FLOW: do #7 and #9 15-30x

Ø If you HAVE HARD LITTLE FIBROTIC AREAS: do little full hand or finger circles, stretching and releasing the skin over the area for 30 reps, 1-3x per day.

To life, to love, to lymph. Enjoy!!!