

LYMPHEDEMA SELF CARE

MLD **LEFT** MASTECTOMY/LUMPECTOMY WORKSHEET



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Self – MLD LEFT Mastectomy/Lumpectomy Worksheet – seated

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.



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).





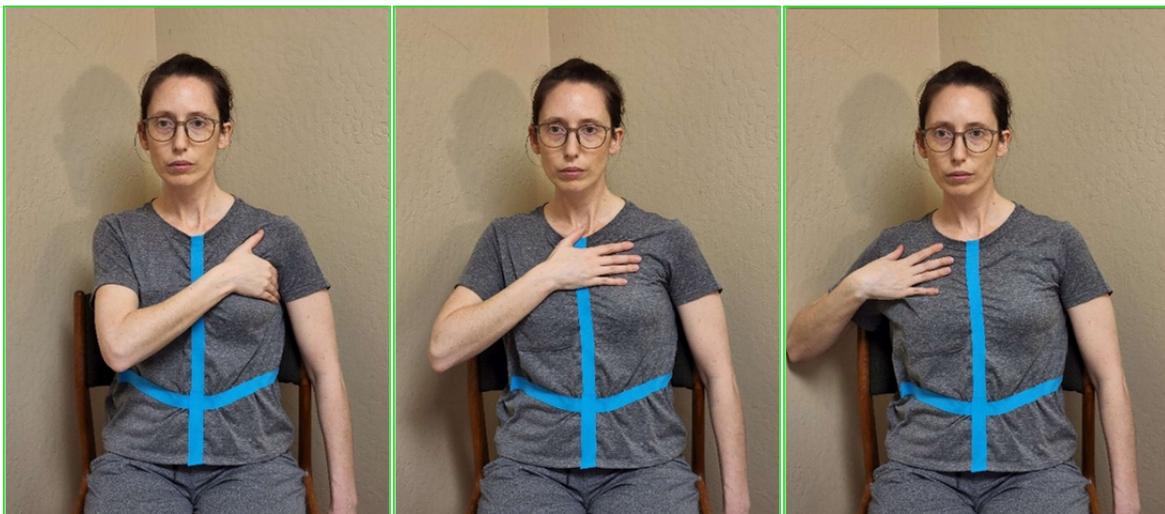
3. Axilla Stretching – Flabby Bear Paws – relaxed hands 15x

- 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.



4. Create chest wall collateral pathways from the challenged side to unaffected side, across the sternal watershed 15x

- **Right** hand on **left** shoulder.
- Gently use full hand contact, move & stretch skin from left shoulder/ axilla to the right axilla, across the sternal watershed. Lift hand and repeat 15x. The lymph is directly
- influenced by movement of the skin, as the initial lymph vessels sit directly below the
- skin, therefore use as much surface area of your hand as possible.





5. Inguinal Lymph Nodes – move lymph towards the belly button, stretch leg forward 15x

- Cross your hands, **left** hand below, **right** 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 **left** side of the belly button. Slide back to the groin and repeat.
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Bamboo is the symbol of longevity, strength, and grace.



6. Left Arm 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 **right** hand on your **left** 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 **left** axilla where the lymph nodes are removed or radiated.
 - ✓ UP the outside of the arm to the shoulder. ✓ ACROSS the sternal watershed to the **right** axilla where the lymph nodes are still functioning.

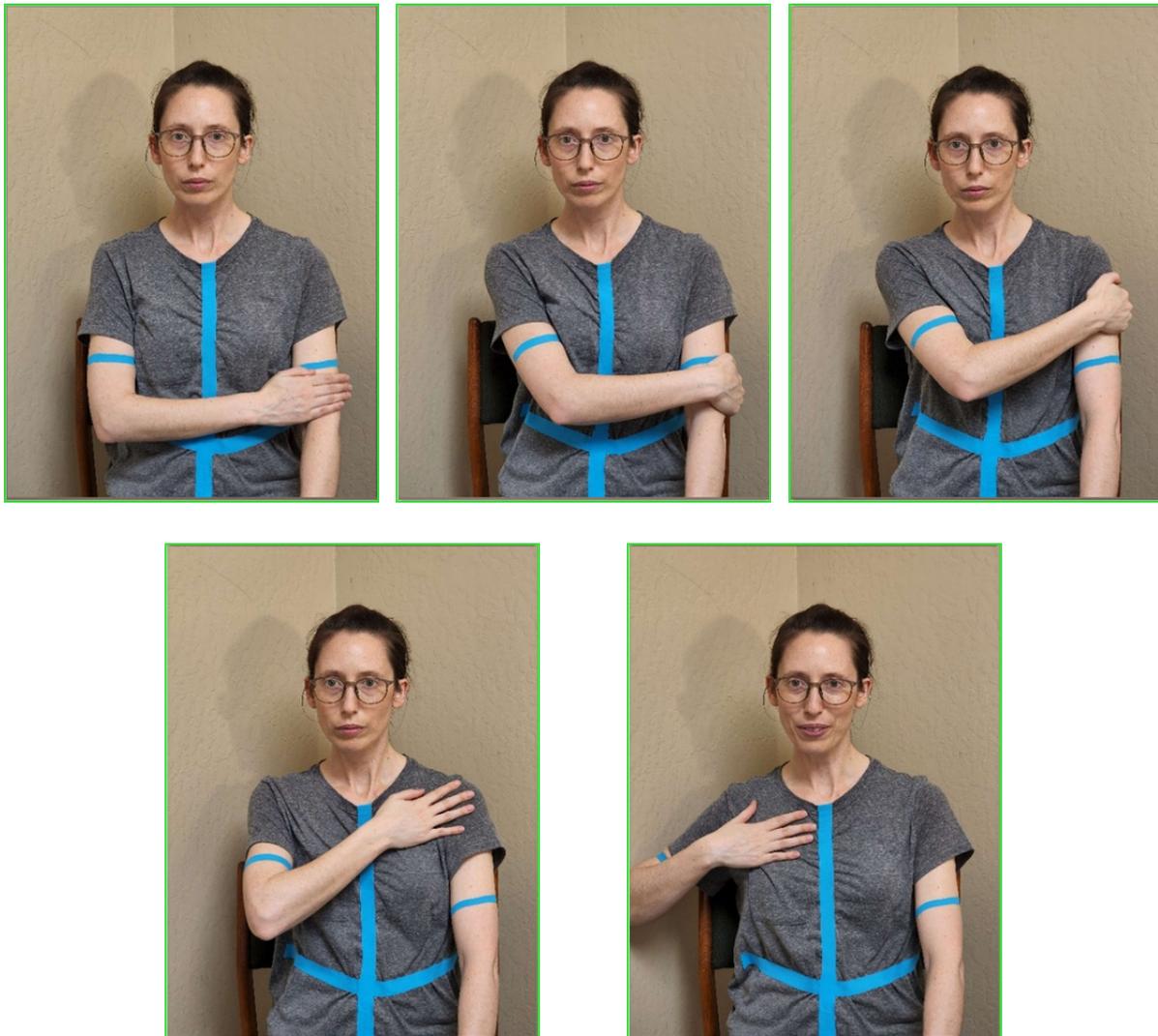


Ferns are the symbol of new beginnings.



• Part 2

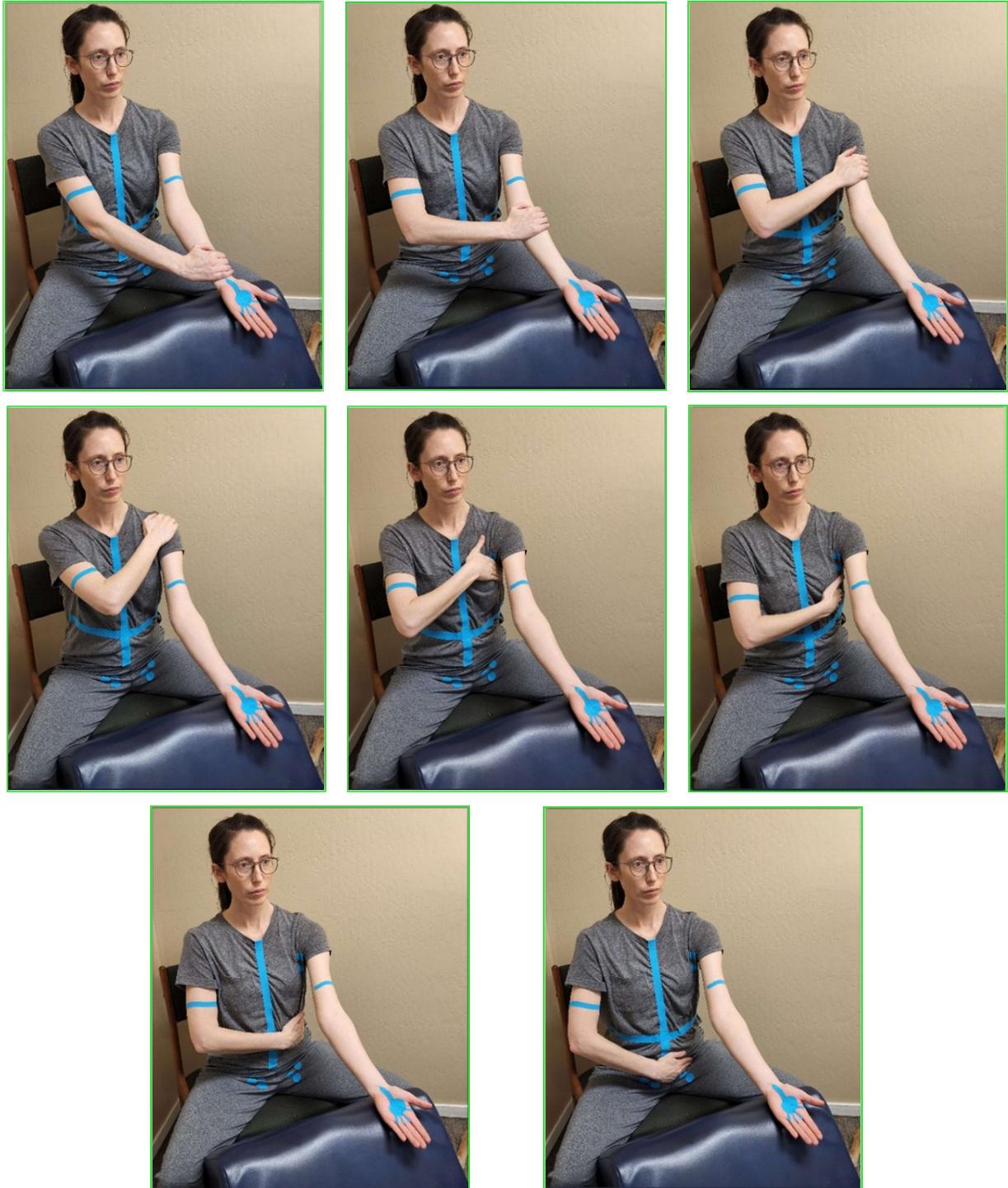
- ✓ Place your **right** hand on your **left** arm at your elbow, and move the lymph away from the axilla that has had the lymph nodes removed: **OUT/UP/ACROSS**. **OUT** from inside to outside of the arm from **left** axilla where the lymph nodes are removed or radiated. **UP** the outside of the arm to the shoulder. **ACROSS** the sternal watershed to the **right** axilla where the lymph nodes are still functioning.





7. Inside of left arm MLD – wrist – shoulder – across sternal watershed 15x

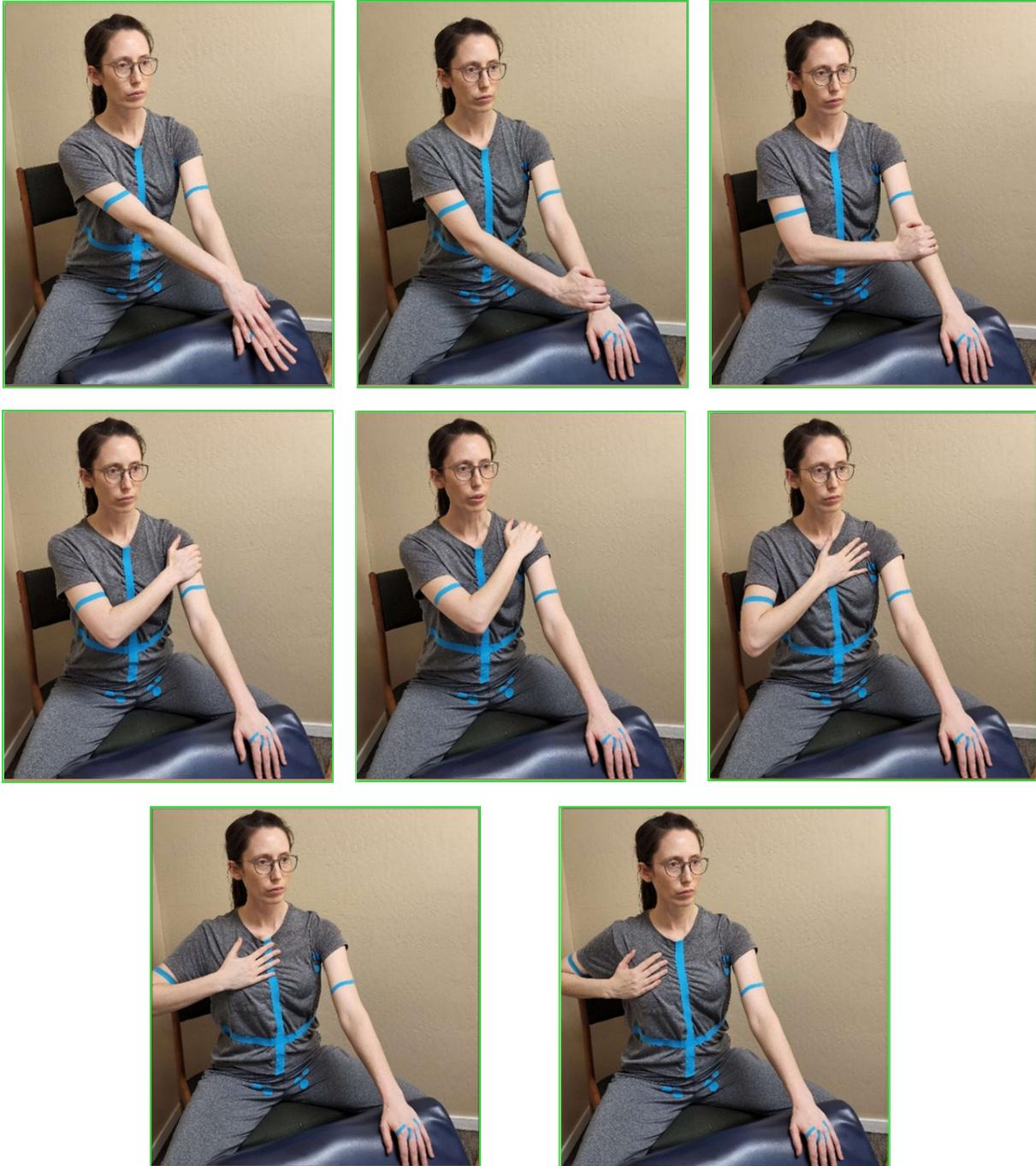
- Relax using the full surface of left knee with
- your left hand palm up on right hand, start at the wrist.
- Gently stretch the skin inside of arm, wrist, elbow, shoulder, and across the chest to the right axilla.





8. Palm of hand Lymph flow 15x

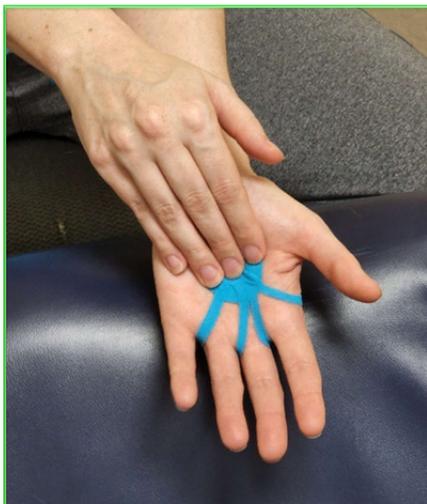
- Gently grasp your **left** hand with your **right** hand, **right** thumb in the center of your **left** palm.
- With your **right** hand use full skin contact up the inside of the **left** arm, OUT to the shoulder, UP and ACROSS the sternal watershed to the **right** axilla.





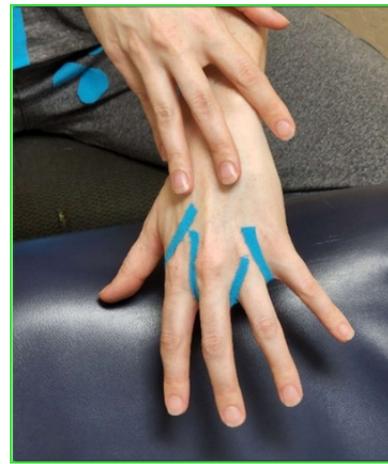
9. Lymph flow through the web spaces 15x

- Place your fingertips together in the center of your **left** 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.





10. Lymph flows over the top of the hand 15x
- ⊗ Put your **right** hand on top of your **left** hand, fingers in web spaces
 - ⊗ Draw the lymph over the top of your **left** hand, use full hand surface area.
 - ⊗ UP the top of the forearm, full hand contact.
 - ⊗ OUT to the outside of the arm.
 - ⊗ OVER the **left** shoulder.
 - ⊗ ACROSS the chest to the **right** axilla.



11. 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.

⊗ NO TIME Self-MLD FLOW: do #8 and #10 15-30x

⊗ 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.



Philodendron is the symbol of good health

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