Manual Lymphatic Drainage (MLD) Massage

Things to know about MLD

• Use only gentle pressure, just enough to see the skin move.
• Massage should not be painful.
• Do not rub the skin red.
• Do massage daily.
• Repeat each step 5 - 10 times.
• The massage should take about 15 - 30 minutes.

How to do MLD

You should only do this massage if you have been instructed by a physical therapist.

• Deep Breathing: Exhale pulling your belly button into the spine, inhale and inflate belly.
• Massage soft spot at the top of your shoulders to the collar bone (Number 1) with 3 fingers.
• Roll both shoulders up toward the ears, and then back down. (Number 2)
• Pump the lymph nodes in the armpit on both the involved and uninvolved side. (Number 3)
• Use the flat surface of your hand to massage across the chest, from the involved side to the uninvolved side. (Number 4)

• If directed by your physical therapist, pump the lymph nodes in the groin on the affected side. Then use the flat surface of your hand to massage from the armpit down the side of your chest toward your waistline. (Number 5)

• Use the flat surface of your hand to massage the upper arm from elbow to shoulder. Massage the front, back, and sides of your arms. (Number 6)

• Use your thumb and do finger circles to massage the bend of your elbow and the back of the elbow. (Number 7)

• Use the flat surface of your hand to massage the front and back of your forearm. (Number 8)

• Use the thumb or 2 fingers and do finger circles from each knuckle across the wrist. Use 2 fingers to massage palm from the center to the outside of the hand. (Number 9)

• “Milk” each finger, including your thumb, starting at the nail bed and massaging toward the hand. (Number 10)

• Take two deep breathes to end the massage.

• Apply a low pH lotion (Eucerin) to the arm.

Therapist Name: _________________________________________
Phone Number: __________________________________________

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