

Lymphatic Relief for Upper Extremity

This technique is effective whenever there is swelling of the shoulder girdle or arm.

1. Place the opposite (opposite) arm above your head, so that the hand is resting on the top of your head. (Therefore opposite shoulder and elbow are flexed.)
2. Move the shoulder girdle of the involved side:
 - a. Anterior (forward)
 - b. Posterior (backward)Repeat these movements at a frequency of one cycle per second. (Anterior plus posterior is one cycle.) The movements are quite fast.
3. Perform this 'fast, quick' anterior to posterior to anterior cyclic exercise ten repetitions.

Functional Rehabilitation for Lymph Capillary Uptake

Exercise One: Intermittent Pressure

Use two hands unless the client is treating his / her own arm. In that case, the opposite hand will treat the involved arm.

- Step 1. Pressure on the tissue for two seconds.
Step 2. Pressure off the tissue for two seconds.
Perform ten repetitions.
Perform this exercise every hour.

Exercise Two: Static Pressure

Use a bandage which is circular in nature.
Place the bandage around the area to be treated.
Maintain the bandage pressure for 1 hour.
Perform this exercise once daily.

Duration for Intermittent Pressure or Static Pressure:

- Mild: Three times a week. It should be sufficient to perform for one week.
Moderate: Three times a week, for three weeks.
Severe: Three times a week for three months.
Acute: Daily until there is no further evidence of dysfunction in the region. Start exercise immediately!
Chronic: Three times a week for three months. Perform thereafter once a week until there is no further evidence of tissue dysfunction in the region.

Amount of pressure for Intermittent Pressure or Static Pressure:

- Mild: Five grams of force. (Minimal force)
Moderate: One lb. of force. (Moderate force)
Severe: Five lbs. of force

To Improve Lymphatic Drainage from Respiratory Exercises

1. Supine, Sitting and Standing.
 1. Place the right fist into left axilla; place the left fist into right axilla.
 2. Press the fist **STRONGLY** into axilla.
 3. Breathe in through your nose for 5 seconds.
 4. Blow out through your mouth for 5 seconds.
 5. Repeat this exercise 10 repetitions.

2. Supine, Sitting and Standing.
 1. Place a fist into the anterior hip and groin area on both sides.
 2. Press the fist **STRONGLY** into the anterior hip and groin area on both sides.
 3. Breathe in through your nose for 5 seconds.
 4. Blow out through your mouth for 5 seconds.
 5. Repeat this exercise 10 repetitions.

3. Supine and Sitting. Knees are bent.
 1. Place a fist into the popliteal fossa area, behind each knee.
 2. Press the fist **STRONGLY** into the popliteal fossa area, behind each knee.
 3. Breathe in through your nose for 5 seconds.
 4. Blow out through your mouth for 5 seconds.
 5. Repeat this exercise 10 repetitions.

4. Supine, Sitting, Standing and Walking.
 1. Place a fist on the lateral side of the neck on both sides.
 2. Press the fist **STRONGLY** on the lateral side of the neck on both sides.
 3. Breathe in through your nose for 5 seconds.
 4. Blow out through your mouth for 5 seconds.
 5. Repeat this exercise 10 repetitions.

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