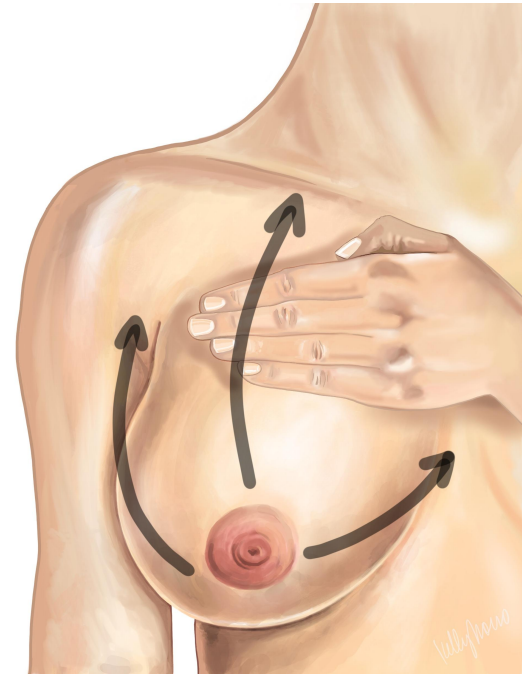
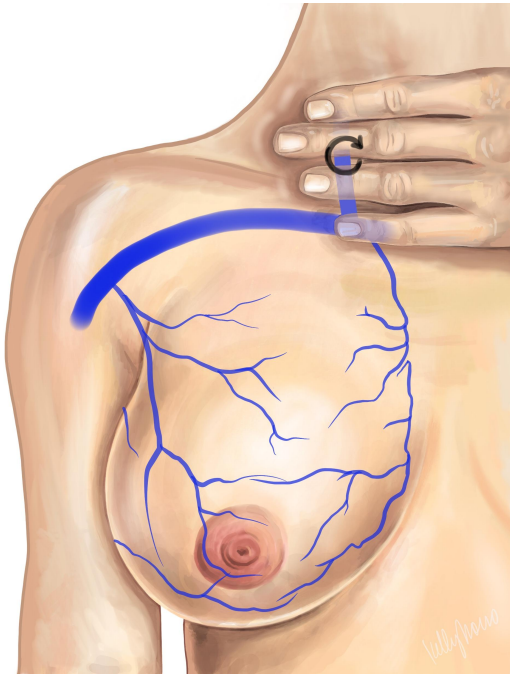


Lymphatic Drainage



- Reduces swelling by assisting movement of lymph fluid, decreasing edema
- Technique
 - “Very gentle touch/traction of skin - “like petting a cat”
 - The purpose is to lift skin to allow flow of lymphatic drainage and vascular decongestion
 - Ten small circles at junction of internal jugular and subclavian veins
 - Ten small circles in axilla
 - Continue with light touch massage from nipple towards clavicle, axilla
- Start during pregnancy if experiencing painful rapid breast growth, and use as needed postpartum for engorgement