

## Manual Lymphatic Drainage

Manual Lymphatic Drainage (MLD) is a specialized massage that focuses on the lymphatic system of the body. This system plays a critical role in protecting you from infections and removing waste from your body.

MLD focuses on moving lymphatic fluid, not working out kinks and knots in your muscle tissue. MLD dramatically enhances lymph function and promotes drainage within the superficial and deep systems of the lymph vascular network.

MLD can be used for: Pain Management and Relief, Stress Reduction, Post-Operative Swelling, and Redirection of fluid from congested areas.

**If you have uncontrolled Lymphedema you will need to see a decongested therapist. I am not a decongestive therapist!**

**IMPORTANT! The major contraindications to manual lymphatic drainage are active cellulitis, acute congestive heart failure, acute renal failure, active blood clots, active infection, active bleeding and undiagnosed cancer. YOU SHOULD NOT RECEIVE MANUAL LYMPHATIC DRAINAGE!**

Please Answer Yes or No. Circle your answer

Cardiac Arrhythmia	YES	NO	Hyperthyroidism	YES	NO
Carotid Sinus	YES	NO	Arteriosclerosis	YES	NO
Pregnant	YES	NO	Menstrual Period at time of appointment	YES	NO
Recent Abdominal Surgery	YES	NO	If Yes explain in more detail		

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Diverticulitis	YES	NO	Diverticulosis	YES	NO
Liver Cirrhosis	YES	NO	Abdominal Aortic Aneurysm	YES	NO
Implants –(Feeding Tube, Drains, Colostomy Bag Morphine Pump Other )			YES	NO	
PCOS	YES	NO	Fibroid Cysts	YES	NO
Hernias	YES	NO	Osteoporosis	YES	NO
Radiation Fibrosis	YES	NO	Bone Metastasis	YES	NO
Hormone Therapy	YES	NO			
Lymph Nodes Removed	YES	NO	If yes where and when _____		

**I understand that the Manual Lymphatic Drainage I receive is provided for the basic purpose of improving the flow of my lymphatic system and also for relaxation. If I experience any pain or discomfort during this session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand MLD, massage or bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or other qualified medical specialist for any physical ailment of which I am aware.**

**Because Manual Lymphatic Drainage (MLD) should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the therapist updated as to any changes in my medical profile and understand that there shall be no liability on the massage therapist part or Suburban Soul Massage LLC, should I fail to do so.**

***I understand that MLD must be performed on the skin and no clothing can be worn. Certain MLD strokes may need to be performed on breast tissues, gluteal(buttocks), and inguinal area (upper inner thigh), depending on the region MLD is performed. You will be professionally draped at all times during your MLD session.***

***\*Please Note: Manual Lymphatic Drainage (MLD) is a very powerful modality and certain medical conditions are contraindicated and determine if and when you can receive a session. After the consultation and review of the information you have provided on this form, it will be determined if MLD should be administered to you today. Some conditions will require a note from your doctor before proceeding. Please understand this is for your safety and well-being.***

***I have read and understood the information that has been provided to me today. I have received a copy of the MLD side effects.***

***Clients Signature*** \_\_\_\_\_

***Date*** \_\_\_\_\_