

Manual Lymphatic Drainage Massage

By David Transue, LMT, CMLDT, CMCTP, MA80965

Certified Manual Lymphatic Drainage Therapist

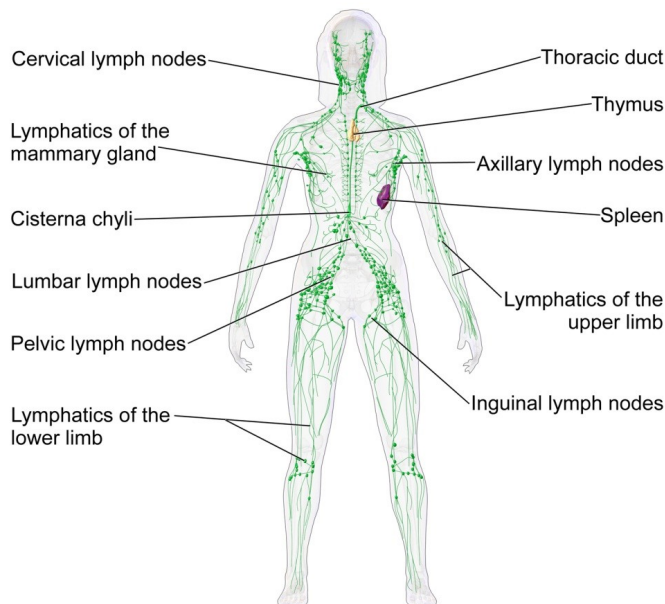
Certified Modern Cupping Therapy Practitioner

Manual Lymphatic Drainage Massage in the
comfort and privacy of your own home.



This booklet is to familiarize you with Manual Lymphatic Drainage (MLD) massage. What it is and what it does.

The Lymphatic System



The lymphatic system is found throughout the body and consists of organs, vessels (similar to blood vessels), and lymph nodes. The system is divided between the deep system and the superficial system. The superficial system is in the layer of fat located just under the skin and the part we'll be talking about.

The lymphatic system is not a pressurized system, like the circulatory system, and requires movement and muscle contractions in order to move the lymphatic fluid, also called lymph. This is also the reason that Manual Lymphatic Drainage (MLD) is a light rhythmic touch massage unlike any massage you have ever experienced and is extremely relaxing.

The lymphatic system is responsible for keeping the body healthy by bringing nutrients to the cells and removing waste products. There are 600 to 700 lymph nodes in the body and their job is to inspect and filter the lymphatic fluid, also known as lymph. The lymph is returned to the circulatory system at the junction of the Jugular and subclavian veins by the collar bone. As the fluid is returned to the circulatory system it passes through the lymph nodes where viruses, bacteria, and other contaminants are held until they are neutralized before being allowed to rejoin the lymph in the blood plasma. This is the reason lymph nodes swell when fighting disease and why the lymphatic system is a large part of your immune system. When the lymph rejoins the blood plasma it is again filtered by the liver and kidneys and any excess fluid is eliminated mostly through the urine.

The system is divided between the deep system and the superficial system. The superficial system is in the layer of fat located just under the skin and, therefore, can be easily influenced. Factors that influence the performance of the lymphatic system and can cause congestion are:

- Disease
- Injury
- Surgery
- Chemo therapy
- Tight restrictive clothing
- Sedate Lifestyle

Conditions that respond favorably to MLD are:

- Health and Wellness
- Preparation for surgery
- Recovery from surgery and cosmetic surgery
- Lyme Disease
- Stress relief
- PTSD
- Chronic Fatigue Syndrome
- Lymphedema (A chronic condition usually associated with lymph node removal)

These are just a few examples.

MLD is used to help move the lymph when your system is impaired and not functioning properly.

The following is what you can expect from a full body MLD session.

This is not the procedure for Post operative recovery, Lymphedema, or post cosmetic surgery recovery. These procedures will be covered in another brochure.

There are large concentrations of lymph nodes in the arm pits (Axilla) and groin (Inguinal) these are the locations that the lymph is directed to. MLD is performed on the skin and without lubricants. The skin needs to be stretched in order to activate the lymph anions.

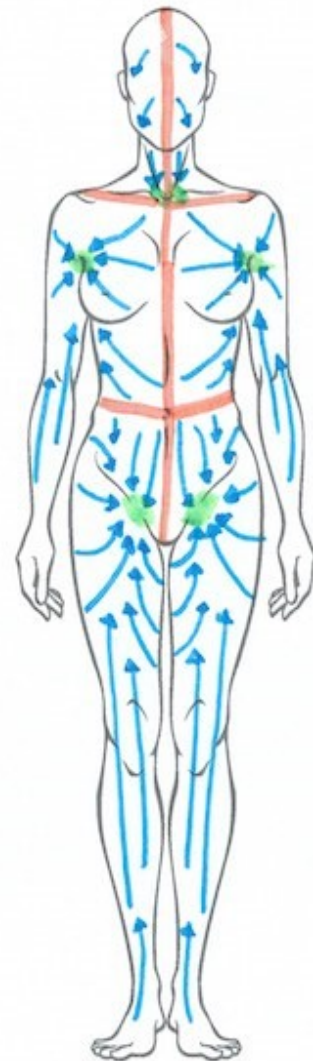
You will need to get **completely undressed** and get on the table under the sheet facing up.

It is not appropriate to perform MLD over clothing.

The session is always started at the collar bones, where the lymph enters the circulatory system. We are making room for the increase in lymph fluid.

1. The neck front and back
2. The face
3. The abdomen to activate the cisterna chyle
4. The abdomen with deep breathing
5. The right axillary nodes and arm
6. The right chest
7. The right inguinal nodes and leg
8. The left axillary nodes and arm
9. The left chest
10. The left inguinal nodes and leg

This completes the front of the body routine.



Normal lymph flow

Now you turn over so you are face down in order to start the back routine.

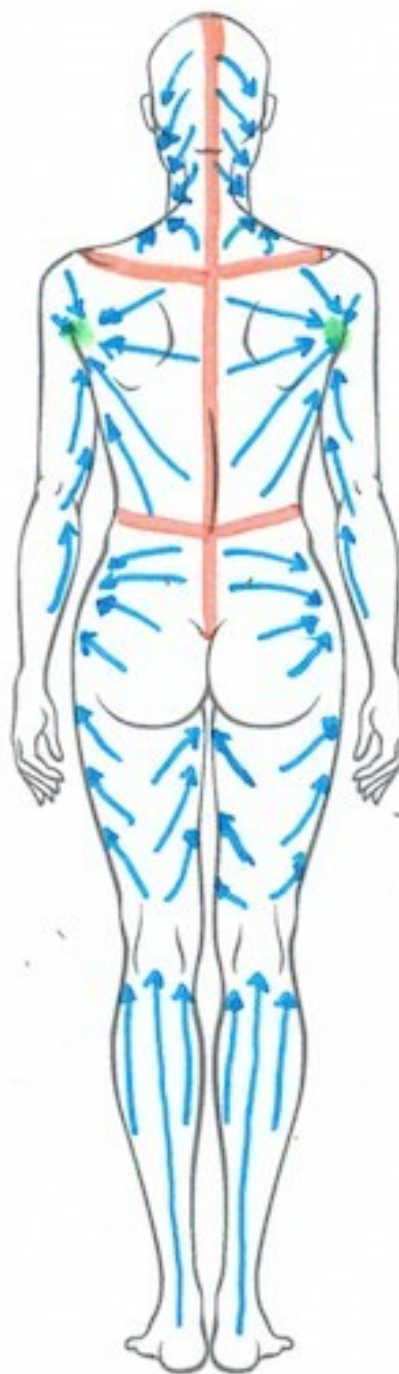
1. The left axillary
2. The left shoulder
3. The left upper back
4. The left lumbar and gluteal areas
5. The left leg
6. The right axillary
7. The right shoulder
8. The right upper back
9. The right lumbar and gluteal areas
10. The right leg
11. The head and neck

This completes the full body lymphatic drainage massage.

Please use caution getting off the table.

You will be light headed!

Don't be too proud to ask for assistance getting up off the table.



Normal drainage pathway

Instructions for the rest of the day post massage.

- Be sure to drink plenty of water the rest of the day.
Drink 1/2 your body weight in ounces of water
- **No alcoholic beverages.** (If you don't follow this one, and nobody does drink 8 oz of water for every drink or glass of wine you have.) If you don't hydrate, you run the risk of vomiting because of dehydration.
- Do not use a sauna or hot tub
- Do not take a hot shower. (Tepid)
- No strenuous activities.
- **Possible Reactions**

Everyone is different and therefore reacts differently.

- You may experience frequent urination
- The color and the smell of your urine may change
- You may be energized or lethargic

There is no way to tell how your body will respond.

The benefits of MLD

- Enhanced tissue hydration and nourishment
- Stress relief
- Relaxation
- Reduced pain and swelling.

Mobile and Lymphatic Massage

By

David Transue, LMT, CMLDT, CMCTP,
MA80965

941-223-0770

Davetransue12@gmail.com

LymphaticMassagebyDavid.com



Lymphatic Packages Available (LOCALLY)

Two paid referrals gets you a free massage.

