



****Home MLD Sequence for Left Arm Lymphedema Post-Mastectomy****

This self-care protocol is designed to support lymphatic drainage from the left arm following mastectomy. It aims to reroute fluid to the healthy right axilla and left inguinal nodes.

1. **5–7 Diaphragmatic Breaths:** Inhale deeply so the belly rises, exhale allowing it to sink. Repeat slowly and calmly.
2. **Stimulate Cervical Nodes and Clavicular Fossa:** Use gentle circular motions over the sides of the neck and above the collarbones (5–7 strokes).
3. **9 Belly Breathing Cycles:** Place hands over the belly button and follow this path with diaphragmatic breathing: belly button → left distal rib → left iliac crest → back to rib → center → right rib → right iliac crest → back to rib → center.
4. **Stimulate Axillary Nodes:** Begin with the right (healthy) side, then the left. Use soft, rhythmic pressure.
5. **Stimulate Left Inguinal Nodes:** Gentle circles over left groin area (5–7 strokes).

Prepare Pathways (Anastomosis & Clearance):

Stimulate again: right axilla → left inguinal → cervical. This prepares the healthy nodes to receive lymph from the affected area.

6. **Drain Proximal Left Arm:** Start at upper outer arm. Use scooping strokes from medial to lateral, redirecting across chest to right axilla. Repeat 7–10 times.
7. **Continue to Lower Arm:** Use same technique, working downward. Always redirect fluid toward right axilla.
8. **Stimulate Cubital Node:** Small circles inside the elbow crease (5–7 strokes).
9. **Drain Hand and Fingers:** Light strokes from fingers to wrist, wrist to forearm, then up the arm and across to right axilla.
10. **Full Flush:** Final long strokes from hand to shoulder and across chest. Repeat 7–10 times.
11. **Close Session:** Stimulate right axilla, left inguinal, cervical areas. Finish with 5–7 deep belly breaths.

Important Notes: Movements must be slow, light, and rhythmic. Never use firm pressure.
Best done once daily.

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