

*Support Recovery
Reduce Swelling
Restore Movement*

What is Manual Lymphatic Drainage?

Manual Lymphatic Drainage (MLD) is a gentle, specialized technique that encourages the natural movement of lymphatic fluid throughout the body.

The lymphatic system acts as your body's natural fluid management system.

It helps transport excess fluid, proteins, and cellular waste away from tissues, supporting normal healing and immune function.

Unlike traditional massage, MLD works just beneath the skin using precise, rhythmic movements developed through the Dr. Vodder Method to stimulate the superficial lymphatic vessels and support healthy fluid movement.

Booking & Contact

Ready to begin your lymphatic reset?

Scan to book your appointment:



Questions?

abgo.message@gmail.com

559-791-8270

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AB Go Massage Therapy
abgomassage.com

MASSAGE

AB Go THERAPY

Manual Lymphatic Drainage

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Surgical

Recovery Guide

Recovery Starts Before Surgery

Surgery naturally creates inflammation and swelling as your body begins to heal.

Because the lymphatic system is responsible for moving excess fluid away from healing tissues, surgery temporarily increases the workload of the lymphatic system.

Beginning Manual Lymphatic Drainage before surgery helps establish healthy lymphatic function before your procedure. After surgery, treatment supports the body's natural fluid movement as healing progresses and recovery needs change.

Benefits may include:

- Encourage healthy fluid movement
- Reduce postoperative swelling
- Improve comfort during recovery
- Support the body's natural healing process
- Prepare tissues for rehabilitation

*Every recovery is unique.
Your care evolves with
every stage of healing.*

Your Recovery Journey

Prepare

- Plan your recovery
- Establish a healthy baseline
- Support lymphatic function

Recover

- Begin treatment when appropriate
- Reduce swelling
- Encourage healthy fluid movement

Restore

- Improve mobility
- Adapt treatment as healing progresses
- Return to comfortable movement

Meet Your Therapist

Ashley Browne, LMT, combines Manual Lymphatic Drainage with therapeutic massage to create individualized treatment plans that support surgical recovery, reduce swelling, and restore comfortable movement.

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Every treatment is tailored to the individual's goals, stage of healing, and overall health, blending hands-on care with education to support long-term wellness beyond the treatment room.

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A former professional dancer, Ashley brings a refined understanding of movement, body mechanics, and functional recovery to every session.

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CAMTC Certificate No. 96467