LYMPHATICA
GENTLE ARM SELF-DRAINAGE

6 illustrated steps to understand the technique

For an arm with intact lymph drainage

Dry hands • Gentle skin stretch • Release and let the skin return • No deep pressure or rubbing
Support your arm comfortably. Stop if it hurts or makes the skin red.

1 PREPARE THE DRAINAGE AREAS

Collarbone: rest your index finger above and middle finger below the collarbone. Gently move the skin downwards, then release. Underarm: gently lift the skin into the armpit, then release. Repeat slowly.



Collarbone


Underarm

2 START HIGH ON THE UPPER ARM

Place your opposite palm near the underarm. Gently stretch the skin towards the underarm, then release. Keep the movement small and comfortable.



3 PROGRESS TOWARDS THE ELBOW

Gradually reposition your hand lower. At each position, stretch the skin towards the upper arm, then release.





Hand positions move lower; each skin stretch goes upwards.

4 CONTINUE ALONG THE FOREARM

Start near the elbow and gradually reposition towards the wrist. Stretch the skin towards the elbow, then release.



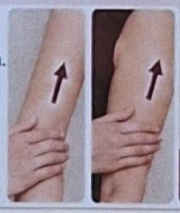
5 INCLUDE THE HAND

Gently move skin from the finger bases towards the hand, then across the back of the hand towards the wrist. Release after each small movement.



6 FINISH UPWARDS

Repeat gentle skin stretches along the forearm and upper arm. Finish with the underarm and collarbone movements. Relax and take a few slow breaths.





Unexplained swelling, redness, heat or pain? Seek assessment first.
After lymph node surgery or radiotherapy, ask for an adapted routine.

General education • Simple lymphatic drainage (SLD) • A practical demonstration helps you learn the pressure