Self-Massage Techniques
for Upper Extremity Lymphedema

Remember:
Only use enough pressure to move your skin!

1. **Collar Bone**
   Place flats of fingers just above the collarbone, but not on the neck. Massage in a circular motion, pulling the skin down and inward toward the breastbone. Repeat ___ times on both sides.

2. **Diaphragmatic Breathing**
   Place both hands on your belly. As you breathe in through your nose, watch your hands rise. As you breathe out through your mouth, watch your hands fall and exert a mild pressure into the abdominal area. Repeat ___ times.

3. **Armpit Lymph Nodes**
   - Place your ___ Right hand in your left armpit
   - Place your ___ Left hand in your right armpit
   and pull the skin gently toward your body. Repeat ___ times.

4. **Armpit to Armpit**
   - Massage across the front of your chest from the ___ Right armpit toward the left armpit
   ___ Left armpit toward the right armpit
   Repeat ___ times.

5. **Groin Lymph Nodes**
   - Place your hand over the inguinal (groin) lymph nodes on your ___ Right side
   ___ Left side
   and pull your skin gently toward your underwear crease. Repeat ___ times.

6. **Armpit to Groin**
   - Start your massage just above your ___ Right hip bone
   ___ Left hip bone
   and move the skin toward your groin ___ times. Then, move your hand up your side approximately one hand length and massage toward your groin again. Continue to move your hand placement up your side until you reach your armpit.

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