5. Deep Breathing
- Slowly in through nose
- Hold for a count of two
- Breathe out through mouth
  x10 or 20

Rest for 5 minutes

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**Simple Lymphatic Drainage [SLD] for Unilateral Arm Oedema**

<table>
<thead>
<tr>
<th>General Principles of SLD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Very light touch [think of stroking clouds]</td>
</tr>
<tr>
<td>2. Fingers straight and together</td>
</tr>
<tr>
<td>3. Fingers:</td>
</tr>
<tr>
<td>a. take skin towards nearest functional lymph nodes</td>
</tr>
<tr>
<td>b. relax pressure when skin can no longer be stretched</td>
</tr>
<tr>
<td>c. allow skin to bring hands back to starting position</td>
</tr>
<tr>
<td>4. Each movement is repeated five times</td>
</tr>
<tr>
<td>5. Each sequence is repeated three times</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Plan &amp; Sequence for Unilateral Arm Oedema</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Deep Breathing</strong> x 10 or 20</td>
</tr>
<tr>
<td>2. <strong>Neck Massage</strong></td>
</tr>
<tr>
<td>2.1 first position x5</td>
</tr>
<tr>
<td>2.2 second position x5</td>
</tr>
<tr>
<td>2.3 third position x5</td>
</tr>
<tr>
<td>(sequence x 3)</td>
</tr>
<tr>
<td>3. <strong>Axillary Lymph Nodes Massage</strong></td>
</tr>
<tr>
<td>First position x 5</td>
</tr>
<tr>
<td>second position x5</td>
</tr>
<tr>
<td>(sequence x 3)</td>
</tr>
<tr>
<td>4. <strong>Upper Chest Massage</strong> x 5 or 10</td>
</tr>
<tr>
<td>(sequence x 3)</td>
</tr>
<tr>
<td>5. <strong>Deep Breathing</strong> x 10 or 20</td>
</tr>
<tr>
<td>Rest for 5 minutes</td>
</tr>
</tbody>
</table>

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1. Deep Breathing
- Slowly in through nose
- Hold for a count of two
- Breathe out through mouth x10 or 20

Rest for 5 minutes

2. Neck Massage

2.1 [1st position just below ear lobes]
- Take skin back towards and down towards shoulders
- Relax light pressure
- Let skin bring hands back to starting position x 5

2.2 [2nd position halfway between ears and shoulders]
- Take skin back towards and down towards shoulders
- Relax light pressure
- Let skin bring hands back to starting position x 5

2.3 [3rd position under angle of bottom jaw and below above collar bone]
Using pads of index and middle fingers
- Bring skin towards the collar bone and circle skin towards the neck
- Relax light pressure
- Let skin bring hands back to starting position x 5

[Repeat 2.1, 2.2, and 2.3 three times]

3. Axillary Lymph Nodes Massage

3.1 [1st position half hand width below axilla]
- Take skin towards the back and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5

[Repeat 3.1 and 3.2 three times]

3.2 [2nd position ½ hand width down chest wall from 1st position]
- Take skin towards the back and circle it towards axilla
- Relax light pressure
- Let skin bring hands back to starting position x 5

4. Upper Chest Massage

4.1 [1st position just below ear lobes]
Fingers on top of chest close to top of unaffected arm
- Take skin towards axilla and circle upwards
- Relax light pressure
- Let skin bring hands back to starting position x 5

Cover areas A,B,C [denoted by darker shading in illustrations below]
A x 5, B x 10, C x 5

[Repeat three times]