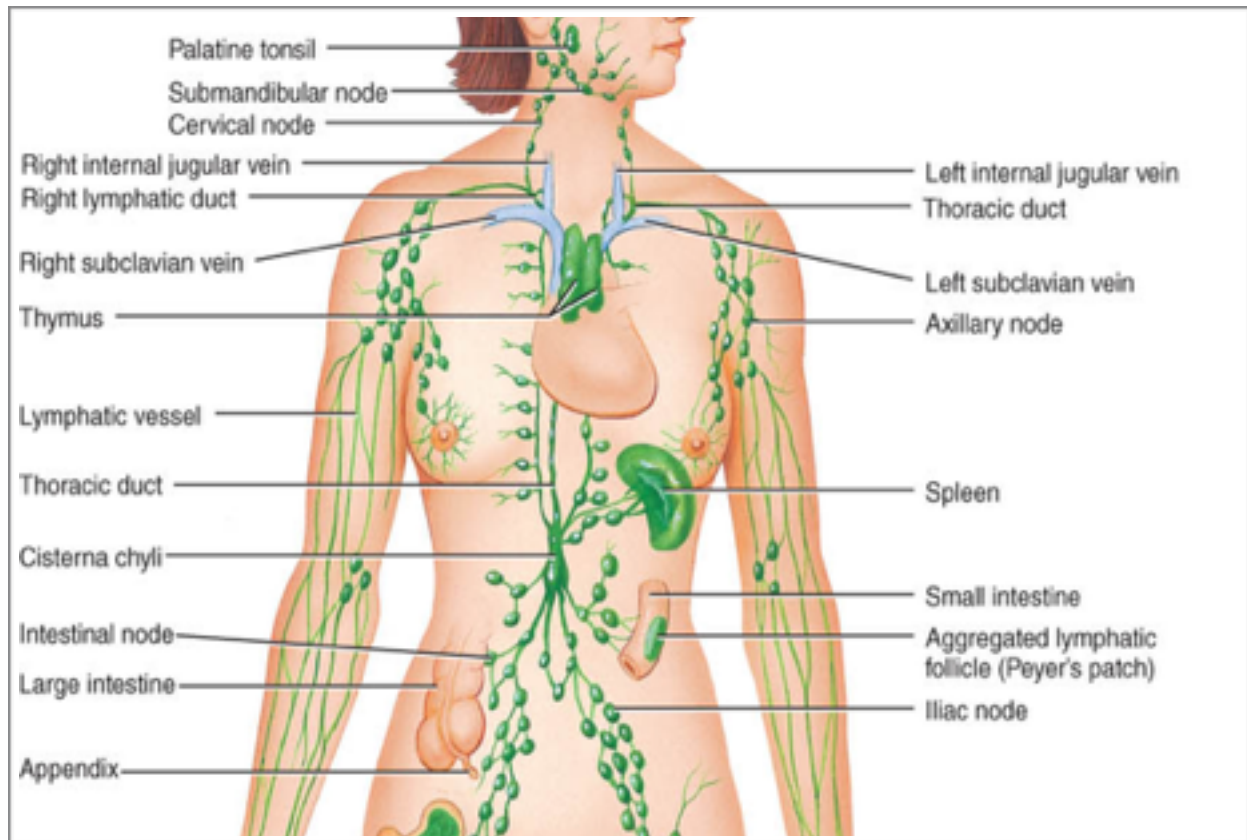


# Lymphatic Care

*For Healthy Breasts*



## What is the Lymphatic System?

The lymphatic system has multiple interrelated functions that include the immune, circulatory, and digestive systems. It moves white blood cells throughout the body and removes excess fluid from between the cells via a low pressure network of vessels and lymph nodes. This low pressure system runs in parallel with the cardiovascular system and relies primarily on skeletal muscle contraction (about 30%), fascial and ligamentous connections, diaphragmatic contraction with breathing, and the lymph nodes to pump the lymph fluid back to the heart. The nodes, sometimes called the train stations of the lymphatic system, filter out the toxins, fats, excess proteins, bacteria and viruses. The lymphatic system plays a vital role in regulating fluid build up, including fluid secondary to inflammation (a cellular reaction) and edema (build up from overload to the system-primary edema or to include injury or surgical removal of the nodes-secondary edema).

# Indications-When to do

Elevated stress  
Irregular Periods  
Painful and Swollen Breasts secondary to Hormonal shifts  
Insomnia  
Low Libido  
To Remove Fats from the Blood Stream  
To Increase Vitality  
To Reduce Pain  
Maintain flow of fluids  
To detoxify the body regularly.

# Contraindications-When not to do!

- Active or beginning stages of disease and/or fever. Wait until the fever breaks or signs and symptoms have lessened.
- Thrombosis or blood clot. Any irritation of the vein like phlebitis. Get approval from your doctor before proceeding.
- Unstable blood pressure. Get approval before proceeding as this can increase the load on the heart.
- Lymph node removal AND NO ASSESSMENT by appropriately trained therapist and approval from your doctor.

# Protocol

Please keep in mind that when performing this self care that it is not meant to replace the assessment and evaluation of a health care professional such as a physical therapist or your physician. If you have any questions or concerns, please call me or your doctor before proceeding.

Self care for the lymphatic system is in 3 parts. Since 30% of the lymph are in the deeper venous areas, muscle contractions and exercise such as walking, light jumping (trampoline), and yoga can activate the lymphatics. For the remaining 70%, see the Hand's on Protocol with Diaphragmatic Breathing below.

Hand's On Lymphatic Protocol:

The hand's on technique is based on Bruno Chikly's work. I have introduced diaphragmatic breathing as part of the technique as I find this most effective for lymphatic movement and relaxation. If you do not have time to do all the areas, then do the clavicles/upper trapezius, axilla, and the cistern chyli, see below for more instruction as well as the following link detailing technique. <http://www.massagetoday.com/mpacms/mt/article.php?id=14639>

3 main things: Pressure, direction, rhythm.

A. Pressure

- Feather weight! Really! Because of the single cell connections between the micro ligaments of the lymphatics and the sub dermal/epidermal layer, the pressure must be just resting on the skin.  
-fingers are stretching the skin (not gliding over it) then letting the skin go for every stretch stroke

Direction - In general toward the heart.

Rhythm - 5 times per site, each stroke 3 seconds on, 3 seconds pause between the stretch

3 Areas and Diaphragmatic Breath: Neck, Axilla/Armpits, Abdomen

A. Neck

-Collar Bones/Clavicles

-Upper Trapezius

-Neck Hug

-Spinal Chain - back of cord muscles in the front of the neck

-Waterwheel - behind the ears

Repeat these steps backward until you are back to your starting point.

B. Axillary - deep armpit moving up and in toward the body. Underside of outer breast at bra line - soft fingertips moving out and up.

C. Diaphragmatic Breathing

D. Stomach - cistern chyli

Abdominal V

Inguinal's - Groin

Make your way back to the heart and finish at the clavicles.

Please see this link for more detailed instructions on each site area with pictures:

<http://www.massagetoday.com/mpacms/mt/article.php?id=14639>

Further Resources:

[ritanaomi.com](http://ritanaomi.com) - please contact me with questions regarding the techniques or to schedule time to experience receiving the technique from me.

[http://www.massagetherapy.com/articles/index.php/article\\_id/207/Lymph-Drainage-Therapy](http://www.massagetherapy.com/articles/index.php/article_id/207/Lymph-Drainage-Therapy)

<https://chiklyinstitute.com/>