

LYMPHATIC DRAINAGE

Lymph:

- Straw-colored
- Consistency of almond oil
- Contains bacteria, CO₂, and urea
- 95% water in composition
- Contains lymphocytes

Fluid derived from plasma that carries nutrients from the blood to the cells and transports waste from the cells and after filtration, eventually returns to the blood. The lymphatic system is a secondary circulatory system.

Lymph vessels carry waste. The flow of lymph throughout the lymphatic system is caused by the contraction of muscles which stimulates the drainage of fluid from the nodes located throughout the body. Massaging the muscles around the nodes enhances the process.

Lymphatic vessel is made up of three tissues:

- Fibrous tissue (outer)
- Muscular tissue (middle)
- Endothelial cells (inner)

Semi-lunar valves prevent the lymph from flowing backwards.

Main Lymph Nodes (Superficial and Deep):

- Neck
- Axillary
- Chest
- Thoracic
- Groin

Lymph glands are found throughout the body.

Benefits:

- Cosmetic surgery
- Acne
- Sinusitis
- Migraine
- Weight retention
- Poor local circulation
- Retention of unwanted fluid

Contraindications:

- Vascular problems
- Cancer or AIDS
- Pregnancy
- Heart conditions
- Inflammatory conditions
- Illness or recent accident
- Enlarged glands

Lymphatic disorders can cause inflammation of lymph nodes, inflammation of lymphatic vessels, and lymphedema.

Five Types of Lymphatic Drainage Movements:

- Stationary circles to stimulate the main nodes.
- Feathering to open the flow.
- Pumping to stimulate deeper-lying lymph.
- Milking to move the lymph to the main nodes.
- Scooping to clean up any remaining fluids.

Frequently Asked Questions:

What do lymph nodes do?

Produce white blood cells. They defend the body against invasion and poisoning and actually are highest during infectious diseases.

What does lymph look like?

It is a whitish fluid that flows through lymph channels.

MANUAL LYMPHATIC DRAINAGE

Benefits:

- Sedating neurological effects cause clients to become relaxed.
- Promotes lymphatic flow allowing the body's immune system to function more efficiently.
- Cosmetic Surgery – edema, erythema.
- Acne – rich, oxygenate blood.
- Sinusitis – (under steam) drainage.
- Migraine – (relaxing pressure) slows down blood flow.
- Weight retention – water loss, small intestine.
- Poor local circulation – leg obesity, retention of unwanted fluid.

Indications:

- Cosmetic surgery.
- Acne.
- Sinusitis.
- Migraine.
- Weight retention.
- Poor local circulation.
- Retention of unwanted fluid.

Precautions:

- Skin ailments.
- Pre and post surgery swelling.
- Any soft tissue swelling.
- Fibrocystic scarring.
- Cardiovascular insufficiency.
- Vascular problems – Phlebitis, Varicose.
- Thyroid problems – overactive.
- Inflammatory conditions – high blood pressure.

Contraindications:

- Pre-edema stages that prevent normal lymphatic flow.
- Any acute bacteriological or viral infection (common cold).

- Thrombosis.
- Malignant tumors.
- Kidney malfunctioning.
- Cancer or AIDS patients.
- Pregnancy – risk infection.

Pre-Procedure:

- Clean hands and glove according to Handwashing and Gloving skills.
- Cleanse area to be treated.
- Spread a beneficial serum or massage cream over chest and neck.

Tips:

- 5 hours before treatment – 1 liter of water
- 2 to 3 hours – light snack (oatmeal, protein shake, or 1 tbsp of natural organic peanut butter)

Procedure:

LOOSENING NODES

- Using 2nd and 3rd fingers of both hands use light, pressured sliding movements on thoracic duct. Repeat 3 to 6 times.
- On the same area, use stationary counterclockwise circles (light pressure) 6 times, then slide again 3 times. Repeat this procedure 2 times.
- Move fingers upward approximately 2 to 3 inches. Repeat circular movements, then slide down to thoracic duct 3 times.
- Using side to side horizontal movements with palms, push lightly to axillary nodes on each side of the body. Repeat 3 times.
- Slide to cervical nodes (2 fingers on each side of neck) with circular, counterclockwise movements. Move upward, working entire node region.
- Slide both palms down cervical nodes to right and left axillary nodes on each side of body. Repeat 3 times.
- Move and use circular (two finger) movements on submental nodes starting from mid submental to submandibular nodes. Repeat across entire area 3 times without lifting hands off of face.
- Repeat steps 9 and 10
- Use circular, 2 fingered movements across buccal nodes starting at outer perimeter to inner face. Repeat 3 times.

DRAINAGE

- Spread product over chest and neck. Starting on the neck with gentle pressure begin using slow stationary circles with pad of fingers on the sternocleidomastoid muscle.
- Move to the center of jawline with pad of fingers apply gentle pressure to the digastric muscle using slow stationary circles.
- Move to the temple with pad of fingers apply gentle pressure to the temporal muscle using slow stationary circles.
- Use counterclockwise circles 6 times and then slide 3 times up and down the thoracic duct area. Repeat 3 times.
- Move to axillary nodes with circles. Do this 6 to 9 times. Move back to the middle (thoracic duct). Feather across chest back to thoracic duct. Slide across to axillary nodes to drain.
- Start on left side of platysma. Move counterclockwise and upwards on the neck to the front of ear. Slide using circular movements to back under earlobe. Repeat around ear 3 times.
- Stroke downward with both hands on a flat, vertical slide on left neck several times.
- Move to right side of platysma and begin circular, counterclockwise movements upward using same pattern as left side.
- Stroke downward with both hands with a flat, vertical slide on right side. Repeat several times.
- Start at frontal bone with horizontal slides across, then down face and platysma to axillary nodes. Repeat 3 times.
- Perform circular movements at buccal nodes starting from the perimeter and working inward on the face.
- Slide to submental mandible using circular movements.
- Using circular movements back to buccal and up to temple. Slide down 4 times to axillary nodes.
- Feather across chest pushing to axillary and then thoracic duct 6 times.

Post-Procedure:

- Remove excess product using a warm towel.
- Remove gloves according to Degloving skill.



Infection Control:

- Refer to OSHA and your state board.

Methods of Lymphatic Drainage:

A. Stationary Circles

Place fingers flat on the skin, move in either stationary circles or continuous spirals. The direction of pressure is determined by the lymph drainage. The fingers lie flat, sometimes the whole hand. Each of these circles is performed with a smooth increase, then smooth decrease, of pressure upon the tissue.

B. Pump Technique

Palms face downward. Thumb and fingers move together in the same direction, moving skin in oval circles. The thumb and fingers are controlled



by exaggerated movements of the wrist. Fingers are outstretched; fingertips have no function in this technique. The wrist moves like a hinge. The forward motion of the fingers is carried out with pressure. Forward motion of the wrist is with out pressure.

C. Scoop Technique

Palm faces upward. Rotate wrist to create a corkscrew movement of the wrist hand unit. Fingers are outstretched and swing toward the body during the pressure phase. Pressure is on the inward part of the stroke with no pressure on the outward stroke. Pivot point is the metacarpal-carpal joint of the index finger.

D. Rotary Technique

Technique is used on relatively flat areas of the body and consists of various movements. The wrist moves up and down. As it moves down, it swings from outside toward the inside. The palm lies on the skin and turns on an inward spiral. The thumb also makes circular movements in direction of the lymph drainage of the skin during the pressure phase. In the pressure-less phase, the wrist is raised and the 4 outstretched fingers move on. A soon as the thumb has completed the circle, it begins to reapply pressure.

The length of the treatment, use of pressure, and speed can be explained. Dosage depends on fingertip control and therapist. No two cases are alike.

Conditions:

- Conversation diverts attention and prevents autonomic changes. The client should concentrate on the feelings in the skin.
- The same applies to the interruptions in the treatment.
- The table should be comfortable, not so soft the client sinks in.
- The room should be comfortably warm to promote relaxation.
- Lights should be dim.
- Skin contact zones should be neither too smooth, rough, nor moist. 2-3 drops of oil may be used. This will equalize the moisture of the skin. Under no circumstances should so much oil be used that the therapist glides over the skin like a massage.
- As a rule, no reddening of the skin should appear

LYMPHATIC DRAINAGE

NODES

Name	Position	Flow	Name	Position	Flow
Temporalis	Temple	Drain or move lymph towards the thoracic and axillary nodes.	Intercostal	Upper abdomen	Drain or move lymph towards the axillary nodes located in the left and right underarm.
Retroauricular	Ear area	Same as above.	Cisterna Chyli	Lower abdomen	Drain or move lymph towards external iliac nodes located on the left and right side.
Occiput	Behind head	Same as above.	Common Iliac	Upper groin	Drain to superficial inguinal nodes.
Angulus	Below ear	Same as above.	Cubital	Inner elbow	Lymph is drained to this area.
Profundus	Side of neck	Same as above.	Palmar Plexus	Hand	Drain to cubital nodes.
Parotid	Ear area	Same as above.	Dorsal Plexus	Hand	Drain to cubital nodes.
Buccal	Cheek area	Same as above.	External Iliac	Groin	Drain to superficial inguinal nodes.
Cervical	Neck	Same as above.	Internal Iliac	Groin	Drain to superficial inguinal nodes.
Terminus	Neck	Same as above.	Superficial Inguinal	Inner thigh	Lymph is drained to this area.
Axillary* (*Apical Axillary nodes, Lateral Group, Anterior Group)	Underarm	Lymph is drained to this area.	Popliteal	Behind knee	Lymph is drained to this area.
Thoracic	Chest	Same as above.	Plantar/Dorsal Plexus	Foot	Drain to popliteal nodes.
Parasternal	Chest	Drain or move lymph towards the thoracic and axillary nodes.			

LYMPHATIC DRAINAGE DEFINITIONS

Collector Vessels:

Fluid flows from pre-collector vessels into valved vessels called collectors.

Initial Lymphatics:

Molecules and particles from intercellular spaces too large to enter blood capillaries are absorbed through the walls of the lymphatic capillaries called initial lymphatics.

Lymph:

Clear, colorless fluid containing water, protein molecules, cellular components, and fatty acids that need to be transported back into blood circulation.

Lymphangions:

Contractile, smooth muscle on the walls of deep collector vessels. They contract in sequence to move lymph fluid along.

Lymphatic Drainage Massage (LDM):

Refers to systems of soft tissue manipulations designed to assist the function of the lymphatic system. LDM techniques consist of gentle, slow, repetitive strokes performed in a specific direction and sequence to improve lymph circulation. It is a precise and rhythmic massage used for general wellness, to enhance healing, and to treat lymphedema.

Lymphatic System Vessels:

Responsible for the absorption, collection, and transport of lymph fluid.

Lymphedema:

Characterized by an abnormal accumulation of lymph fluid in tissues of an arm, leg, or other body region.

Lymph Nodes:

Facilitate the immune response helping to protect the body from infection and disease. Lymph passes through the nodes as it circulates.

Pre-collector Vessels:

Fluid from the initial lymphatics flows into these vessels.

Macrophages:

Act as a waste disposal site by removing bacteria, cell debris and foreign material.

Lymphocytes:

Produced in nodes and released to process infectious material.

Mechanical Applicator Heads:

Effleurage – Sponge Heads (Curved and disc shaped for localized areas)

- Effleurage stroke must be interlinked with manual effleurage.
- For whole body, follow contours of the client's body and venous return with long sweeping strokes.
- The pressure should be heavier on muscle bulk and light at beginning and end of stroke.
- Performed with the therapist's hand providing support and resistance.

Petrissage – Single and Double Ball Heads

- Around clavicle, scapula, spine, patella
- Circular kneading compression manner – the supporting hand lifts and pushes the muscles towards the G-5 head allowing kneading of the tissues or acts to produce a wringing effect, pulling out the muscle as it is worked upon.

Deep Petrissage – “Egg Box” (For major muscles)

- Used with deep pressure in dense fleshy area of gluteals.
- Provides depth to the massage movements and is used in areas of solid subcutaneous fat or thick tissue.

Heavy Multi-Pronged

- Large spike for very deep petrissage.
- Used in areas of solid, heavy adipose or thick tissue.

Tapotement – “Brush-Massage Head”

- Fine, spiky brush head for desquamating, stimulating tapotement effect over whole body.
- The degree of erythema and client tolerance dictates the length of the treatment.
- Complete treatment with effleurage head.