



### **SELF MANUAL LYMPHATIC DRAINAGE FOLLOWING KNEE SURGERY:**

Can be performed 2 to 5 times a day depending on amount of swelling

#### **Neck, start and end here...**

- Gentle pressure, moving skin only, in ½ circles
- Performed both sides simultaneously
- Two stages
  - Half circles along neck from ear to collar bone, followed by half circles backward at space above collar bone, 5 reps each spot (X's above, left picture)
  - Long strokes from ear to collar bone along the sternocleidomastoid muscle, 5 times (right picture)

#### **NOTES: Start and finish with the neck technique:**

Lie flat in bed and elevated your leg by placing the ankle on a thick rolled up bath towel (or two). This allows for the knee to gently stretch into extension and now the entire back of the leg can be reached. Perform each step 5 times; can start with mild to moderate pressure and decrease pressure with each stroke so that the last one is the lightest

1. Start at the tourniquet site, gently pushing through thickened/swollen tissue in broad sweeps/semi-circles upward toward the hip. Perform long strokes with a hand on each side of the IT band at the level of the hip/groin/buttock region.
2. 'divide the thigh in 3', at each section (starting at the top) stroke in ½ circles toward the hip. Do this for the other 2 sections.
3. At the back of the knee, perform ½ circles coming from each side, with both hands
4. 'divide the lower leg in 3', at each section (starting at the top) stroke in ½ circles toward the knee. Do this for the other 2 sections.
5. Finish with long strokes from ankle to gluteal region along the back and sides of the leg