

## Helping to manage your arm lymphoedema

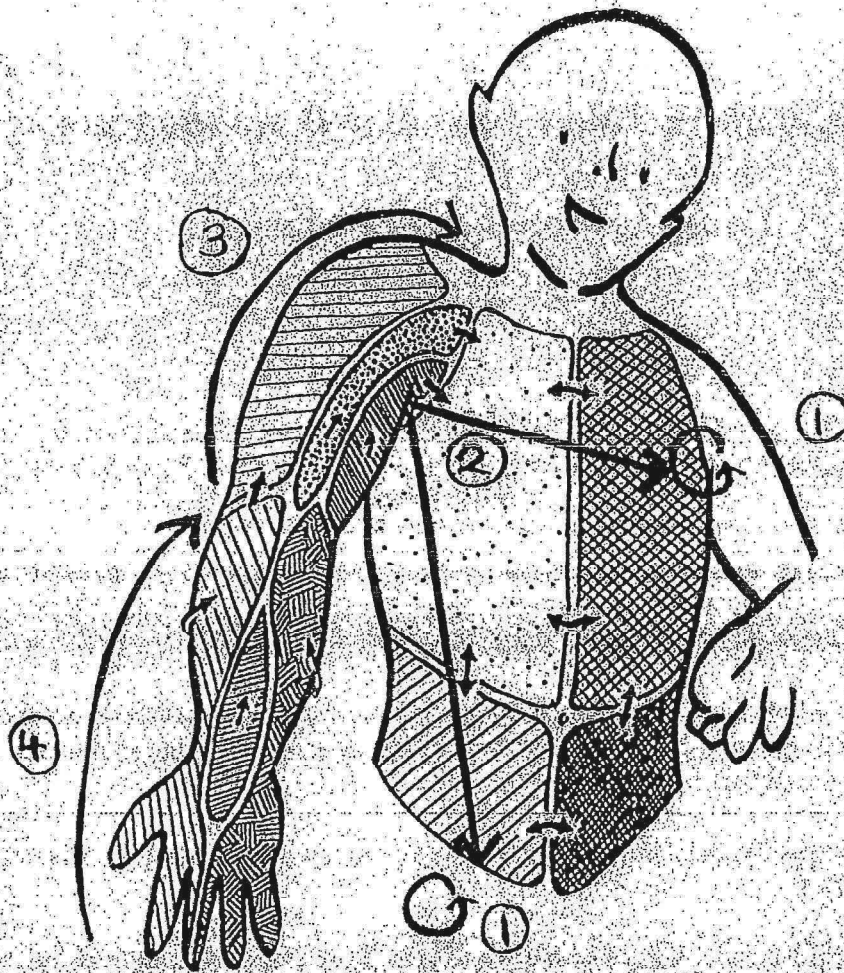
### Using Self or Partner Massage

Self massage works on an 'empty bucket' principle, so you have to make the upper buckets (ie: the opposite armpit and upper arm) empty before you can move fluid in to them from the hand and forearm.

1. Start by taking some deep breaths (x 5) **SEE INSTRUCTIONS SHEET**
2. Massage opposite armpit, using light circular motions (x 5)\*
3. Using the whole flat of your hand, sweep from the affected armpit across the chest (underneath the collarbones and to the unaffected armpit – imagine it is like sweeping water of the surface of a floor (x 10)
4. Now sweep the upper arm. Start on the outer arm sweeping from the elbow up and over the shoulder (x 5)
5. Now sweep the inner aspect of the upper arm, from elbow up and over the shoulder (x 5)
6. Move to the forearm. If the hand and fingers are swollen you can incorporate them into the whole sweeping movement, sweeping from the fingers right up to and over the elbow. Again, start on the outer aspect of the forearm (x 10).
7. Once the outer aspect of the forearm is done, repeat on the inner aspect of the forearm and fingers – if required (x 10).
8. IF the hand and fingers aren't swollen, start on the back of the hand and sweep up and over the elbow (x 10)
9. Work back up the arm now, again sweeping the outer and inner upper arm from the elbow, up and over the shoulder (x 10 for outer and inner aspect).
10. To finish, sweep from the affected armpit to the unaffected armpit (underneath the collarbones) – x 10.

\* If you have had significant radiotherapy or injury to the collarbone area, instead of moving the fluid to the opposite armpit you can stimulate the groin (on the same side as the affected arm) and sweep the fluid downwards from the affected armpit to that groin.

You can also stimulate the pathways along the back (along the upper shoulders) by using a towel and rubbing it back and forth.



- 1) Stimulate the opposite arm pit and the groin using a circular motion
- 2) Sweep the flat of the hand from the affected arm pit to the unaffected arm pit and from the affected arm pit to the groin
- 3) Sweep from the elbow up and over the shoulder (outer aspect then inner aspect)
- 4) Sweep from fingers (if needed) over the wrist then up and over elbow (outer then inner aspect)
- 5) Then move back up the arm to the upper arm and then finish with a sweep from the affected arm pit to the unaffected arm pit and to the groin