

Lymphatic Stimulation Exercises

- Neck Rom, shoulder shrugs, shoulder blade squeeze, shoulder flexion, abduction, bicep curls and triceps extension, wrist extension and flexion, hand pumps, reverse.
- Deep breathing, trunk ROM all planes
- Gluteal squeezes, hip flexion and abduction, knee extension and flexion, ankle pumps, toe curls, reverse.
- Generally: Wand exercises, aquatic exercises, rebounder & jogging, vibration and jumping

Additional Integrated Manual Lymphatic Therapy Techniques

- Pay attention to any scar tissue that may affect lymphatic fluid flow, including the direction and rate of flow. Loosen up scar tissue within your scopes of practice, i.e. US and soft tissue techniques, scar massage, cross friction massage, etc. If the scar is deep, the lymphatics in that area are already damaged, so you do not have to be as wary of pressure in that area.
- Overall increase in lymphatic circulation is important. Water activity is important due to the natural compressive force of the water on the limbs. Also, impressive is the fact that the pressure is greater at the bottom of the pool than at the top, so just with water walking, clients will get an increase in the natural flow from distal limbs to proximal body.
- Mini-trampoline jogging/bouncing
- Swiss Ball bouncing, rocking
- Jump-rope
- Diet

Incorporating an ILDT routine into your day

Patient Guide:

- Deep belly breaths in the morning before rising. Stimulation of the lymphatics in any problem areas in proper sequence.
- Dry skin brushing along the correct lymphatic pathways in the morning. Applying your skin lotion in the same manner.
- Use your towel as you dry off to aid in the movement of lymph fluid on the back of your body that is hard to reach. Lymphatic Exercise of Choice: Deliberate cardiovascular exercise or break up the home program into 5 steps at a time and complete a set of them each hour.