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Lymphatic drainage massage (LDM) is a gentle, rhythmic technique designed to stimulate the lymphatic system. This system plays a crucial role in your body's immune function and fluid balance. When it comes to your legs, this type of massage can help reduce swelling, improve circulation, and promote overall leg health. The massage focuses on the lymph nodes and vessels in your legs, encouraging the movement of lymph fluid. This fluid helps remove toxins and waste from your body, making you feel lighter and more energized. According to National Institute of Rheumatic Diseases, the lymphatic system is responsible for transporting about 3 liters of lymph fluid daily! How It Works: Supporting the Lymphatic System and Leg Health The lymphatic system works behind the scenes to keep the body healthy. According to Cleveland Clinic, Unlike traditional massages, the lymphatic drainage massage uses gentle, rhythmic strokes and light pressure to: Remove waste and toxins from your tissues Support your immune system Regulate fluid balance in your body When the lymphatic system isn't functioning optimally, you might notice symptoms like swelling, heaviness, or even pain in your legs. Lymphatic drainage massage helps by gently encouraging the flow of lymph fluid, reducing these symptoms and improving overall leg health. Role of Lymph Nodes in the Legs and Lower Limbs Our legs contain several lymph nodes, particularly in the groin area. These nodes filter lymph fluid and help your body fight infections. When they become congested or swollen, it can lead to discomfort and even pain in your legs. Lymphatic drainage massage targets these nodes, helping to reduce congestion and promote better lymphatic flow. This can be especially beneficial if you've been sitting or standing for long periods, as it encourages movement in areas that may feel stagnant. How the Lymphatic System Affects Circulation and Toxin Removal The lymphatic system is closely linked to our circulatory system. When lymph fluid flows freely, it can help improve blood circulation, which is essential for delivering oxygen and nutrients to your muscles and tissues. Additionally, by promoting the removal of toxins, lymphatic drainage massage can help reduce the risk of inflammation and other health issues. This is particularly important for those who lead a sedentary lifestyle or have jobs that require prolonged sitting or standing. Benefits of Lymphatic Drainage Massage for the Legs Can It Reduce Leg Swelling and Water Retention? Yes, lymphatic drainage massage can help reduce leg swelling and water retention. It encourages the movement of lymph fluid, which helps remove excess fluid from the tissues. Regular sessions can lead to long-term improvements in swelling and comfort. How Lymphatic Massage Boosts Circulation and Reduces Varicose Veins Lymphatic massage improves circulation by stimulating lymph flow and blood circulation. This can help reduce the appearance of varicose veins and relieve discomfort associated with them. Enhanced circulation also supports overall vascular health. Does It Help Improve Skin Health and Reduce Cellulite? Lymphatic drainage massage can improve skin health by promoting better blood flow and lymphatic drainage. This may help reduce the appearance of cellulite over time. Additionally, it can enhance skin tone and texture, making the skin look healthier. Can It Alleviate Leg Pain, Fatigue, and Heaviness? Yes, this type of massage can help alleviate leg pain, fatigue, and heaviness. By improving circulation and reducing fluid buildup, it can make your legs feel lighter and more comfortable. Many people report feeling more energized and less fatigued after treatment. Who Should and Shouldn't Get a Lymphatic Drainage Massage for the Legs? Although lymphatic drainage massage is a gentle therapeutic procedure with few side effects, it is important to know who should receive it and who should avoid it. Below is a list of those who should consider it and those who should refrain from it. Category Who Should Get It Who Shouldn't Get It General Health Individuals with healthy circulation Individuals with severe circulatory issues Lymphatic Conditions Those with lymphedema or lymphatic congestion Individuals with active infections Post-Surgery Patients recovering from surgery (with doctor's approval) Patients with recent surgeries without clearance Athletes seeking recovery and muscle relaxation Individuals with acute injuries or inflammation Pregnancy Pregnant women (after first trimester, with approval) Pregnant women with complications Chronic Conditions Individuals with chronic fatigue or fibromyalgia Individuals with heart conditions or blood clots How to Perform Lymphatic Drainage Massage on the Legs Professional Techniques: What to Expect in a Session Unlike traditional massages that may use deep pressure, lymphatic drainage massage relies on gentle touch to avoid discomfort and promote relaxation. Here's what you can expect in your first session. Key Techniques Light pressure Gentle, rhythmic strokes Follows a specific sequence Focus Areas Duration of Sessions Typically 30 to 90 minutes depending on the focus area Here is a detailed guide on how to do lymphatic drainage massage on our body. DIY Lymphatic Drainage Massage for the Legs Step Description 1 Open up your chest: Begin by expanding the chest area to facilitate lymphatic flow. 2 Massage from your hip to your underwear: Use gentle strokes to encourage lymph movement towards the upper body. 3 Massage your upper leg: Focus on the thigh area to stimulate lymphatic drainage. 4 Massage your knee: Apply gentle pressure around the knee joint to promote circulation. 5 Massage your lower leg: Continue with the calf area to enhance lymphatic flow. 6 Massage your ankles and feet: Target the ankles and feet to ensure complete drainage. 7 Massage your toes: Finish by massaging the toes to stimulate lymphatic circulation in the extremities. Best Tools and Devices for Leg Lymphatic Massage There are several interesting wooden tools available on the market for lymphatic drainage massage. It is advisable to consult a therapist to select the right tool for you and to learn the proper techniques for using it. Additionally, it is important to understand the appropriate pressure levels required to maximize the benefits. How to Find a Certified Lymphatic Massage Therapist Near You Finding a certified lymphatic massage therapist can significantly enhance your wellness journey, especially if you're seeking relief from conditions like lymphedema, post-surgical recovery, or general fluid retention. Here are some steps to help you locate qualified professionals in your area. Look for Specialized Certification: Seek therapists with certifications in lymphatic massage or Manual Lymphatic Drainage (MLD). Verify Continuing Education: Many states require massage therapists to complete continuing education courses to maintain their licenses. Insurance Coverage: Ensure the therapist has professional liability insurance for added protection. Read Reviews: Look for client testimonials on platforms like Yelp or Google Reviews. Schedule a Consultation: Use initial meetings to discuss your needs and assess the therapist's approach. State Licensing and Certification Requirements for Therapists Most states require massage therapists to hold a valid license to practice. This typically involves completing a certain number of hours in a massage therapy program and passing a national or state exam. Check your state's massage therapy board or regulatory agency to confirm the specific licensing requirements. Final Thoughts: Should You Try Lymphatic Drainage Massage for the Legs? Lymphatic drainage massage can be beneficial for reducing swelling and improving circulation in the legs, making it a worthwhile option for those experiencing fluid retention or discomfort. This gentle technique promotes relaxation and overall well-being. However, it's essential to consult with a healthcare provider before trying this therapy, especially if you have underlying health conditions or contraindications. Overall, if you're seeking a supportive treatment for leg health, lymphatic drainage massage may be a good choice. If you're looking for a lymphatic drainage massage from an experienced massage therapist, please book a massage appointment at Blys. Frequently Asked Questions (FAQs) How Often Should I Get a Leg Lymphatic Drainage Massage? It is generally recommended to receive a leg lymphatic drainage massage 1-2 times a week, especially if you are addressing specific issues like swelling or recovery. Are There Any Side Effects or Risks? While generally safe, potential side effects may include temporary soreness, fatigue, or mild bruising. It's important to consult a healthcare professional if you have underlying health conditions. Does Lymphatic Drainage Massage Help with Weight Loss and Circulation Issues? Lymphatic drainage massage helps with reducing water retention and improving circulation, but it should be part of a broader weight loss and health strategy that includes diet and exercise. What Should I Expect During a Lymphatic Drainage Massage? You can expect a gentle, rhythmic massage focusing on specific lymph nodes and pathways, often performed with light pressure. How Long Does a Session Typically Last? A typical session lasts between 60 to 90 minutes, depending on individual needs and the areas being treated. Can Anyone Receive Lymphatic Drainage Massage? Most people can benefit from it, but those with certain medical conditions, such as severe heart or kidney issues, should consult a doctor before proceeding. Lymphatic drainage massage, or manual lymphatic drainage (MLD), is a massage technique that helps improve the flow of lymphatic fluid through the body. Lymphatic fluid, called lymph, is a watery, protein-rich fluid containing white blood cells that help your body fight bacteria and viruses to keep you healthy. When the lymph flow is slowed or stagnant due to recent surgery, obesity, injury, or illness, the fluid gets stuck and builds up in the body's tissues. Built-up lymph fluid (lymphedema) can lead to swelling, pain, and stiffness. Using gentle pressure, MLD helps clear built-up lymph and restores the normal flow of the fluid to relieve lymphedema symptoms. This article discusses the benefits of lymphatic drainage, self-massage techniques to move lymph fluid, and professional lymph massage. It also covers other ways to support the health of your lymphatic system and maintain a healthy flow of lymphatic fluid. SDI Productions / Getty Images Lymphatic drainage massage is a safe and effective way to improve the flow of lymph fluid through the body. While reducing lymphedema (swelling) is the primary benefit this massage technique offers, it may provide other benefits to your overall health and well-being. Lymphedema is swelling caused by a buildup of lymph fluid in the body's tissues. It can develop when the lymphatic system becomes blocked or damaged due to a recent infection, surgery, cancer, or cancer treatments. Some people with lymphedema have inherited conditions associated with impaired lymph flow or abnormal or absent lymph nodes. Manual lymphatic drainage may help reduce swelling by encouraging the flow of lymph fluid out of swollen tissues. While lymphedema is not curable, manually moving lymph fluid with massage may help manage lymphedema symptoms, such as pain, stiffness and swelling. Some research suggests manual lymphatic drainage is most effective when combined with other treatments, such as compression sleeves or bandages. The lymphatic system works as part of the immune system, carrying infection-fighting white blood cells and other immune cells throughout the body. When infectious pathogens, such as bacteria and viruses, enter the body's tissues, lymph fluid picks up the pathogen. Lymphatic vessels carry the fluid and other waste products to the lymph nodes, where they are destroyed. Manual lymphatic drainage may boost the immune system by stimulating lymph flow, ensuring waste products and germs that can make you sick are effectively and efficiently destroyed and removed from the body. Though research is limited, some studies suggest that stimulating lymph nodes and lymphoid organs (e.g., spleen) with MLD may help improve lymph flow and speed up recovery from some illnesses. Incorporating MLD into your wellness routine may relieve pain and stiffness, offering a gentle and noninvasive approach to improving your overall comfort and quality of life. Research exploring the effectiveness of MLD shows that this gentle massage technique may help reduce pain and stiffness related to: With lymphedema, for example, MLD helps reduce swelling by moving lymph fluid away from where it has collected in the body's tissues, relieving pain and stiffness. MLD also increases blood flow throughout the body, which may help reduce inflammation, improve the range of motion of joints and muscles, and promote healing after injury or surgery. Hundreds of lymph nodes are clustered in several key regions throughout the body. Understanding where lymph nodes are located can be helpful before you begin self-massage for lymphatic drainage. Lymph node locations include the following. Lymphatic System Physiology Cervical lymph nodes are in the head, neck, and collarbone. MLD techniques applied to lymph nodes in this area can help drain lymph from the upper body, including the head and neck. Most people have between 20 and 30 lymph nodes in the armpit (axillary region). Axillary lymph nodes filter and drain lymph from the breast, chest, and upper arms. Lymph nodes in the groin area drain lymph from the lower abdomen, pelvic region, and lower limbs. MLD in this area may relieve swelling in the legs related to lymphedema. Mediastinal lymph nodes are in the middle of your chest, near the heart and lungs. MLD in this area may help promote healing after chest surgery or manage specific respiratory condition symptoms. MLD can be particularly beneficial for preventing lymphedema after surgery. Research shows MLD can help improve blood flow, reduce pain and inflammation, and promote healing when performed after surgery. There are two components to self-massage for lymphatic drainage: clearing and reabsorption. Clearing involves gentle strokes to release lymph fluid collected in tissues. Reabsorption involves soft pumps or sweeping motions to encourage lymph movement through the lymphatic vessels to the lymph nodes. Here are a few tips to ensure you get the most out of your self-massage: Sit or lie down in a comfortable position. Keep your hands relaxed and use light, feathery pressure to stroke your skin. Use the flats of your hands rather than your fingertips. Use a light oil (e.g., grape-seed oil) or lotion to help your hands glide over your skin (optional). Before you begin, take five slow, deep breaths, inhaling through your nose and exhaling through your mouth. Breathe slowly and deeply throughout your self-massage routine. Depending on your comfort level, you can massage both sides of your neck at once or do one side at a time. Repeat each of the following movements 10 to 15 times to get the most out of your self-massage for lymphatic drainage: Place your hands on your neck, just above your collarbone. Gently stroke a "J" shape from the outer part of your neck to the center. Place your hands on the sides of your neck, with your pinky finger sitting just below your ears. Gently stroke from your ear down to your shoulders. Place your hands on the back of your neck, just below your hairline. Stroke and stretch the skin down to the base of your neck and release. Massage one side of your body at a time may be easier when performing lymphatic drainage self-massage in the arms and chest. Follow these steps: Place your hand(s) on your collarbone. Gently stretch the skin across your chest by moving your hand toward your armpit and release. Place your hand under your armpit, massage up towards your shoulder to gently stretch the skin and release. Place your hand on the outside of your hip. Stroke upward along the side of your body to your armpit, gently stretching the skin before releasing. Repeat each motion 10 to 15 times for best results. For lymphatic drainage in your lower body, begin on one leg and go through the steps. Repeat each step on the other leg. Perform each step 10 to 15 times on each leg. To avoid straining your back, place your ankle on your knee while sitting or place your foot on a stool for easier access to your leg. Perform as follows: Place one hand on the back of your leg and one on the inside of your leg on your upper thigh. Gently stretch the skin from inside your leg toward the hip side of your leg. Release and repeat 10 to 15 times. Move your hands lower on your leg and repeat the gentle stretching motion; release and repeat. Once you've reached your knee, place both hands on the sides of your knee. Gently stretch the skin up toward your abdomen and release. Repeat 10 to 15 times. If you have lymphedema or are recovering from recent surgery, a healthcare provider may recommend professional lymph massage with a certified lymphedema therapist (CLT). CLTs are healthcare professionals—physical, occupational, and massage therapists—with specialized training in manual lymph drainage. Before beginning treatment, a CLT will assess your medical history, symptoms, and needs to develop a customized treatment plan. During manual lymphatic drainage with a CLT, you will lie on your back on a massage table and begin deep breathing exercises to relax your body and stimulate your lymphatic system. Beginning in areas with no lymph blockage, the CLT will gently run their hands over your skin, stretching it toward nearby lymph nodes. They may use several techniques, including strokes, rhythmic pressure, or circular or cupping motions to encourage the movement of lymph fluid. The CLT will repeat these movements in different body areas. Manual lymph drainage sessions last 30 minutes to an hour, depending on your needs. Your therapist should provide care instructions to follow after your LMD session, such as staying hydrated, as well as exercises you can do to help with lymph flow. They may teach you self-massage techniques you can perform at home once or twice a day. You can support your lymph health and encourage the flow of lymph fluid by engaging in certain self-care practices, such as: Exercising regularly: Exercise helps pump lymph fluid through the body. Aim for at least 30 to 45 minutes of physical activity, such as walking, each day. Staying hydrated: Drink plenty of water to help lymph fluid flow easily throughout the body. Try to drink at least five 8-ounce glasses of water daily. Following a healthy diet: Fruits and vegetables contain nutrients that support healthy lymph flow and may help promote optimal lymphatic system function. Practicing deep breathing exercises: Deep breathing helps move lymph fluid through the body. Take slow, deep breaths throughout the day to help keep your lymph system healthy. Manual lymphatic drainage (MLD) is a gentle massage technique that helps move lymph fluid throughout the body. MLD has many potential benefits, including reducing swelling, pain, and inflammation, boosting the immune system, and promoting healing after surgery or injuries. Performing self-massage for lymph drainage is a simple way to support your lymph health. If you're unsure where to begin, working with a certified lymphedema therapist (CLT) who can provide MLD for you and teach you self-massage techniques you can learn at home may be helpful. MLD is a safe and effective treatment for most people. However, talk to a healthcare provider if you have underlying health conditions before trying MLD. Lymphatic massage, sometimes called manual lymphatic drainage, is a specialized type of medical massage. It can help treat lymphedema, in which lymphatic fluid collects in certain areas of the body because it cannot drain away effectively. Lymphatic massage aims to improve the flow of lymph fluid, which should reduce swelling. Massaging an area without swelling will make space for fluid to flow to those parts from more congested areas. There are two types of lymphatic manual and simple. Manual lymphatic drainage is done by a qualified therapist, whereas simple lymphatic drainage is a technique a person can use at home. GET YOUR COPY TODAY by Scrolling Up and Clicking Buy Now to get your Copy Today 3 people are currently reading Lymphedema Treatment Effectiveness A lymphatic drainage massage helps drain your lymph nodes by working the surface level of the skin. Your lymphatic system helps eliminate your body's waste. A healthy, active lymphatic system uses the natural movements of smooth muscle tissue to do this. However, surgery, medical conditions, or other damage can cause fluids to build up in your lymph system and your lymph nodes, a condition known as lymphedema. If you've ever had a surgery or involving your lymph nodes, your doctor may have suggested lymphatic drainage massage performed by a certified massage or physical therapist. However, lymphatic massage is not recommended for people with the following conditions: congestive heart failure history of blood clots or stroke current infection liver problems kidney problems Procedures that affect or remove your lymph nodes can cause lymphedema as a side effect. Lymphedema will only occur in the area near a surgical site. For example, if you have lymph nodes removed as a part of cancer surgery to your left breast, only your left arm, not your right, might be affected with lymphedema. To move waste fluids away from the damaged area, lymphatic massage, which uses a gentle pressure, can help. It's one technique used to reduce lymphedema. Raakhee Patel, PT, DPT, CLT, is a physical therapist and certified lymphedema specialist who trains people to perform their own lymphatic massage after surgery. "We don't talk enough about lymphedema," says Patel. Fluid build-up is uncomfortable and causes pain and heaviness in the affected area. And, according to Patel, "Stage 3 lymphedema can be devastating," causing significant depression and lack of mobility that could complicate healing. When performing a lymphatic massage, it's important that the massage include more than just the affected area. The entire lymphatic system of the body, except the head, right side of the chest, and right arm, drains near the left shoulder. So, a massage should include all areas to drain properly. Patel teaches two stages of lymphatic massage: clearing and reabsorption. The purpose of clearing is to create a vacuum with gentle pressure so that the area is prepared to bring in more fluid, creating a flushing effect. Clearing motions can be repeated as many as 10 times a day. Patel advises, "Always massage both sides of your body, not just the side with the lymphedema." There are three stages to clearing. Be sure to clear the supraclavicular area, axillary area, and inner-elbow area, in that order. To clear the supraclavicular area: Begin by lying on a comfortable, flat surface. Cross your arms on your chest, with your hands resting just below the collarbones. Then lift your elbows slowly. The muscle action is as much pressure required to prepare the area to flush lymphatic fluid. Next, clear the axillary area: Lay one hand above your head. Use your other hand to gently scoop the underarm area from top to bottom. The only pressure required is gentle enough to move the surface of the skin. Finally, clear the area inside the elbows: Lay your arm straight at your side. Use the fingers of your opposite hand to gently pull the skin inside the elbow an inch at a time. Only very gentle pressure is required. "In lymphatic massage, you're only working the superficial skin structure," says Patel. That's where the fluid is trapped. The goal of lymphatic massage on the legs is to open the lymphatic vessels to let excess fluid drain back up into the lymph nodes located in the groin. There are different techniques used to perform lymphatic massage on the legs, but all have the same end goal: to release the fluid to go back up through the lymph nodes. To perform a lymphatic massage on the legs, you can follow these steps: Perform lymphatic massage of the upper body before beginning with the legs. Follow the three stages of clearing in the supraclavicular area, the axillary area, and the inner-elbow area, in that order. This ensures that the system is clear to allow fluid to drain up. Use light pressure. If you can feel the muscles underneath your skin, you are pressing too hard. Begin the leg massage at the furthest point away from the injury or affected area and work your way down. For example, if your ankle has swelling, start the massage on the upper part of the leg. Starting at the top of the leg, put one hand on the inside of the leg and the other on the back of your leg. With gentle pressure, stretch the skin from the inside of your leg up and out, toward your hip. Continue this motion down the leg until you reach the knee. When you reach the knee, stretch the skin up, with alternating hands, toward your armpit. Repeat 10 to 15 times. You have now completed the clearing step of the lymphatic massage. The second part of lymphatic massage is reabsorption. To perform this stage of massage: Begin at the affected part of the body farthest from the core of the body. For example, begin at the tips of the fingers if you have lymphedema in your hand, arm, and shoulder. Using a gentle, sweeping motion with just enough pressure to shift the surface of the skin, massage from fingertip to hand, from hand to elbow, and from elbow to shoulder. "Patient compliance is the hardest part of self-care, especially for women, who are so used to taking care of others," says Patel. She advises people to set aside at least 20 minutes a day for lymphatic drainage massage. "If you only have a brief amount of time, perform the clearing stage of massage. To begin reabsorption on the legs, you will use a pumping motion behind the knee: Place both hands behind your knees. Pump the back of the knee with a rolling, upward motion 10 to 15 times. Your knee is now ready to take in fluid from the lower leg, so you can proceed to massaging the lower legs: Put one hand on the top of the shin and the other behind the leg. Stretch the skin in an upward motion, then release it. Continue down toward the ankle area. Repeat down through the ankle and feet, always stroking upward. End the massage by gently pushing fluid in the toes upward with your fingers. How do you know if lymphatic drainage massage is effective? "This is a maintenance technique," says Patel. "Your lymphedema should not get worse if you regularly practice lymphatic massage." Also, drink water. Well-hydrated tissue helps moves out waste materials. Managing your lymphedema can also include using a compression sleeve to prevent fluid buildup seeing a qualified therapist for in-office drainage massage When choosing a therapist, learn as much about their education as possible. "Massage is very good for you, but deep tissue massage can be too heavy for someone with lymphedema, so don't assume you can just go to a massage therapist." Look for someone who is a certified lymphedema therapist (CLT) and preferably a physical or massage therapist with oncology and pathology training. 1 Sit with your affected leg up on a flat surface. You need to be able to reach your leg without bending downward. Sit on a couch or a bench and prop your affected leg out in front of you. Use good posture and keep your shoulders back.[1] Tip: If both of your legs are affected, you can drain them 1 at a time. 2 Begin lightly rubbing the skin of your neck in between your collar bones. Cross your hands and put them below your neck. Use both of your hands to gently press on the skin of your lower neck. Make your strokes gentle enough to only move the skin, not massage any muscles. Repeat 10 reps of strokes in this area. Massage in a circular motion in each area that you touch.[2] The massage should not feel uncomfortable or make you sore. Advertisement 3 Palpate the skin over lymph nodes in your armpit. Feel for the hard lump in your armpit on the same side as your affected leg. Place your hand directly over the lymph node and gently move the skin in a circular motion 10 times. Do not press hard.[3] The lymphatic blood from your leg will move upward toward your higher lymph nodes. Massaging them increases blood flow to them. 4 Massage the skin from the inside of your leg outward. Start with the top of your affected leg. Press your hands gently onto your inner thigh and move them outward and back toward yourself in a sweeping, circular motion. Move your skin gently as you do so. Repeat the strokes 10 times in each position, and move down your leg until you reach your foot.[4] If you have trouble reaching your calf, bend your leg until you can comfortably massage it. 5 Massage the skin from the outside of your leg inward. Start with the top of your leg again. Place your hands on the outside of your thigh and move them toward your inner thigh, moving the skin slightly. Repeat each motion 10 times and move down your leg until you reach your foot.[5] Manual drainage can be dehydrating. Be sure to drink plenty of water afterwards. 6 Bandage your leg to encourage lymph to flow back to your trunk. Take a bandage and wrap it around the affected leg from your toes to your thigh. The bandage should be tightest around the toes and become gradually become looser as it goes up.[6] Ask a lymphedema specialist to apply the bandage or show you how to do it yourself. 7 Try a pneumatic compression device. A pneumatic compression device is a sleeve you can fit over your affected leg(s). The sleeve is connected to a pump that intermittently squeezes the affected limb and pushes the lymphatic fluids away and into your trunk.[7] These devices are also helpful for improving circulation in your legs and preventing blood clots.[8] Advertisement 1 Visit a licensed massage therapist for a lymphatic drainage massage. Your massage therapist will gently palpate your leg and move your lymphatic blood upward toward your other lymph nodes. Make sure your massage therapist knows that the goal of your massage is to improve the lymphatic drainage in your legs.[9] Ask your primary care doctor to refer you to a licensed massage therapist near you. You can also ask your doctor to recommend a physical therapist who specializes in the treatment of lymphatic edema. 2 Jump on a trampoline for 10 minutes if you are able to. The vibrations and reverberations from a trampoline improve blood flow and can help your lymphatic drainage process. Use a trampoline for about 10 minutes and do some light, slow jumping. Exercising this way doesn't put a lot of pressure on your joints and also strengthens your tissue.[10] If you don't have a trampoline near you, search for a bounce center or purchase a small one to fit in your home. 3 Drink plenty of water throughout the day. Your blood is made up of a lot of water, and it also helps flush out toxins. Try to drink around 8 glasses of water per day, or drink whenever you feel thirsty. Avoid dehydrating liquids like coffee and alcohol.[11] You can also try drinking sports drinks that have added electrolytes. 4 Breathe deeply with your diaphragm to get fluids out of your torso. Take deep breaths in through your nose that lift your diaphragm away from you. Exhale slowly through your mouth. Do a set of 10 deep breaths 2 to 3 times a day to improve your blood flow and circulate toxins out of your body.[12] To feel your diaphragm moving, lie on the ground with your hands just below your lungs. Practice breathing in and watch your hands move up and down as you inhale and exhale. 5 Eat raw vegetables, seeds, and nuts. Raw foods contain enzymes that help your body break down toxins. Your lymphatic system works to remove toxins from your body, so adding enzymes to help it will make its job easier. Incorporate as many raw vegetables, seeds, and nuts into your diet as you can.[13] 6 Use an infrared sauna to heat up your body. Infrared saunas work to increase the temperature of your body, which improves blood and lymph flow. It will also help you relax your muscles and make it easier for your body to move toxins throughout. Visit an infrared sauna once a week.[14] You can purchase a personal infrared sauna for a couple hundred dollars, or visit one at a health clinic near you. 7 Avoid wearing tight-fitting clothes on your legs. Your clothes can affect the way your blood flows, and if they are too tight, they can impede or even stop your circulation. Wear loose-fitting pants and underwear that don't dig into your skin. Pick clothing that you can move and sit comfortably in.[15] Tip: If your clothes are leaving marks on your skin when you take them off, it could be a sign that they are too tight. 8 Ask your doctor about complete decongestive therapy for severe lymphedema. Complete (or complex) decongestive therapy (CDT) is a form of treatment that's especially helpful if you have moderate to severe lymphedema associated with cancer or another chronic illness. Discuss this treatment with your doctor if you have lymphedema that's difficult to control with other methods.[16] CDT involves a combination of therapies, including gentle massage and the use of compression garments, along with lifestyle changes and exercise. Advertisement Ask a Question Advertisement Medically reviewed by: Doctor of Osteopathic Medicine This article was medically reviewed by: Erik Kramer, DO, MPH and by wikiHow staff writer, Hannah Madden. Dr. Erik Kramer is a Board-Certified Primary Care Physician at the University of Colorado. With over 15 years of experience, his clinical interests include obesity and weight management, diabetes care, and preventive care, as well as embracing a holistic approach to primary care. He received his Doctorate in Osteopathic Medicine (D.O.) from the Touro University Nevada College of Osteopathic Medicine and completed his residency at Central Maine Medical Center. Dr. Kramer is a Diplomate of the American Board of Obesity Medicine. This article has been viewed 137,126 times. Co-authors: 5 Updated: April 3, 2024 Views: 137,126 Categories: Health Print Send fan mail to authors Thanks to all authors for creating a page that has been read 137,126 times. "I'm just beginning this journe,y and you article has great information on this." Share your story

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