

## **SELF MASSAGE FOR LYMPHATIC DRAINAGE OF THE BREASTS - DAILY ROUTINE**

*Doing this quick routine every day can promote healthier breast tissue:*

Start with your hands up near your chest, palms facing you.

1. Place your fingertips in the hollows just above your collarbones (If you shrug your shoulders the area will become evident) and gently traction (pull and stretch) the skin downwards towards the collarbones - 10 - 15 times, or more if the area feels tight or dense (congested)

2. Put your left hand behind your head (or up in the air) and with your right hand grasp the area between your armpit and your collarbone (pectoralis muscle), gently squeeze your pectoralis muscle on the left side - again 10 - 15 times, or more if sore or congested

Repeat on right side

3. Place hands under breasts and cup them in your hands - this can be done one at a time, or both together, depending on size of breasts - then push upward and inward towards the chest, angled towards the same-side shoulder and release. (Similar motion as when using a breast pump). Repeat 10x

4. Take your left breast in both hands and gently move in all directions, palpating the tissue beneath your fingers as you do so. End by pumping again towards the shoulder.

Make sure to move ALL of the breast tissue.

Repeat on the right side.

5. Finish with a gentle pump to both breasts.