

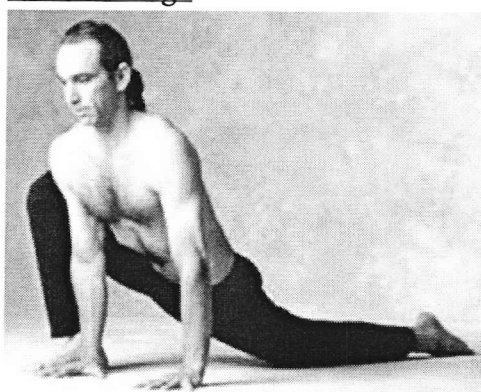
LYMPHATIC STRETCHES

This series of stretches improves overall lymphatic functioning and focuses on:

- Releasing the powerful leg muscles to access the lymph duct.
- Decongesting the lymph nodes by opening the inner legs
- Relaxing and lengthening the inner-leg muscles and using gravity to flush out accumulated fluid.
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Perform the stretches in order to gain the greatest benefits. At least once a day if possible, remember- the more the better!!!

Passive lunge

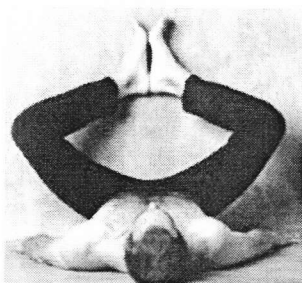


Relieving tension from the front (quads) and the inner-leg (adductors) muscles helps lymph circulation. The passive lunge accesses a number of powerful leg muscles. It should always feel good and shouldn't require extra energy.

1. Step forward with your right foot, the left foot remains behind. The ball or top of the back foot can be on the ground.
2. Lower your left knee, padding it with a towel or cushion. Allow your left hip to drop toward the floor.
3. Place your hands on the ground on the inside of your front foot.
4. Remain in this position for 7 to 10 breaths. Focus on relaxing your left hip towards the ground. Slightly rotate the back leg in or out and stretch different areas of the inner leg, find the tight areas.
5. Next, lean your weight forward as if you're sliding the left knee on the floor. This will stretch or pull the skin of the thigh. Then relax the hip and breathe easy. For a stronger effect, put your elbows on the floor. Remain in this position for 7 to 10 breaths. Repeat this series on the other side.

Another option is to do this stretch with your front leg on a chair; your back knee will be off the ground.

Open hips on wall



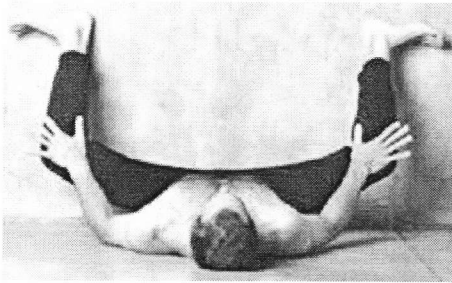
This stretch promotes relaxation and recovery. Lying on your back automatically relaxes you, and by directly stretching the lymph nodes, you'll accelerate recovery. In this move, the inner legs stretch without supporting the weight of the torso.

1. Lie on your back while resting the weight of your legs on the wall (if done without a wall, hold your shins).

2. Let your heels slide down the wall toward each other until the bottom of your feet touch.
3. Move your knees away from each other.
4. Place the palms of your hands on the inside of your knees.
5. Hold for 7 to 10 breaths.

If you're tight, start with your hips farther from the wall. Let the heels move away from the hips/pelvic girdle. You should feel relaxed -- if you don't, change your position. This stretch helps promote recovery of the lymph nodes at the upper leg/lower pelvic area. Never push this stretch -- simply spending time in this position will give you the benefits.

Inner-leg lengthener



This stretch may be challenging for some athletes, so if it's difficult for you, go slowly. Begin by separating your legs until you feel a light stretch. Wait and allow gravity to aid circulation. Weight on the sacrum will decrease nerve tension in the lower legs and invigorate circulation of the cerebral spinal fluid.

1. Lie on the floor while resting the weight of your legs on the wall (if done without a wall, hold onto the inner legs).
2. Place the outside edges of your feet on the wall. Keep your knees bent and your ankles straight above the knees, perpendicular to the floor.
3. Support the inside of the knees with your hands.
4. Focus on moving your toes toward the shins and your heels away from your hips.
5. Bring your chin towards the chest and elongate the neck.
6. Hold this position for 7 to 10 breaths.

This position should feel good -- relax. Bring your legs closer together to feel more comfortable -- find a position that doesn't challenge you. Implement steps 4, 5 and 6. As you inhale, expand your chest; when you exhale, move the lower abdomen toward the floor. This will elongate the over-worked lower-back muscles.