

REMEDIAL MOVEMENT THERAPY TO BENEFIT LYMPHATIC FUNCTION

These can be done **at least once** anytime throughout your day [or anytime you think about it all day!] or combined with your exercises and/or lymphatic stretches.

1. Inhale. On exhalation, turn head slowly to the left on a 2-second count. On inhalation, turn head back to center on a 2-second count. Turn head slowly to right side on a 2-second count.

Repeat sequences 5 times.

2. Draw circles with your nose. Slowly roll head to ceiling, to wall, to floor, to wall and back to ceiling to a 8-second count. Rotate first in one direction and then reverse.

Complete 2 full circles in each direction.

3. Interlock fingers behind head. Inhale while elbows are fully out. On exhalation, to a count of 4 seconds, bring elbows in with intention of having them touch. On inhalation, open your chest as elbows are moved perpendicular to body in a count of 4.

Repeat sequences 5 times.

4. Roll shoulders in a forward circle. Inhale/up, exhale/forward and down, inhale back, taking a count of 4 seconds to complete each circle.

Repeat 3 times, reverse direction and repeat another 3.

5. Allow each hand to hold the opposite wrist. Keep hips facing forward. Hold arms at bust level. Inhale. On exhalation, rotate trunk slowly from the center position to the left to a count of 4 seconds. On inhalation, rotate slowly back to center. On exhalation, slowly rotate trunk to right side to the count of 4 seconds.

Repeat sequence 5 times.

6. Place hands on waist. Inhale. On exhalation, to a count of 4 seconds, side-bend slowly to the left. Inhale as you move to central position, to a count of 4 seconds. On exhalation, to a count of 4 seconds, side-bend slowly to the right.

Repeat sequences 5 times.

7. Deep diaphragmatic breathing. Starting with arms at side, raise arms slowly on inhalation to a count of 4 seconds. Lower arms to a count of 4 seconds on exhalation. Exhale completely as if blowing out a candle.

Repeat sequence 5 times.

8. Hold leg with both hands on back of thigh just above the knee and inhale. On exhalation, bring knee to chest. Can be done lying down, sitting or standing.

Repeat 16 times on each side.