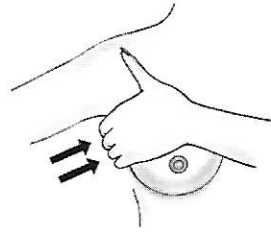


Lymphatic Breast Drainage

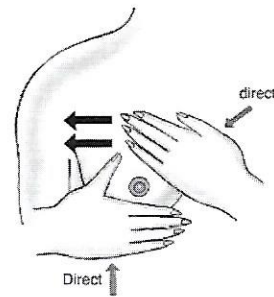
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- Put your hand in your armpit and push inward and upward.
- Go deep into the armpit.
- Pump upward and release.
- Do this ten to twenty times.



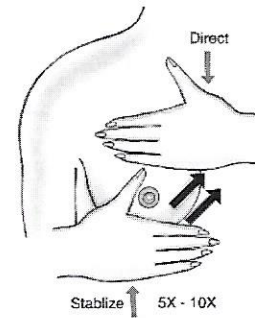
Pump directly into armpit.
Feel for tenderness.
Repeat pumping action 10X - 20X

- Hold your entire breast and move it upward toward the armpit.
- If your breasts are large, this may take more than one hand position.
- Do this ten times.



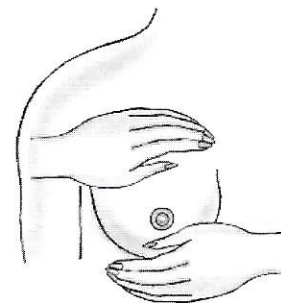
Pull-release 7X - 20X

- Holding your breast stable, pump the upper inner quadrant of your breast up toward your neck.
- Do this five to ten times.
- Focus on the palm of your hand.



Stabilize ↑ 5X - 10X

- Hold your breast and pump directly inward toward the chest wall.
- Do this five to ten times.



Hold entire breast
Pump in ward
5X - 10X