

LYMPHATIC DRAINAGE SERIES

The order of these exercises is important

Belly Breathing

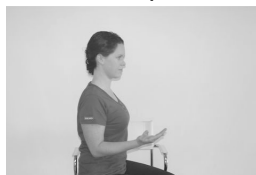
- Place one hand on your tummy, breathe all your air **out** through your nose or mouth and then relax. Now breathe in through your nose and think about letting your stomach rise as the air comes into your belly. Feel your belly drop as you breathe **out** through your nose. Try to pause a little after exhaling. Repeat 5 times

Shoulder Shrugs



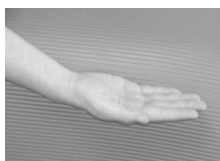
- Sit with shoulders relaxed, palms facing upwards
- Slowly lift your shoulders up towards your ears then gently lower them down
- Repeat 5 times

Elbow Pumps



- Straighten your arm slowly by your side and then gently bend your elbow and touch your hand to your shoulder
- Repeat 5 times

Wrist Bends and Hand Pumps



- Straighten your arm by your side and then gently move your wrist up and down with fingers straight
- Repeat 5 times



- Slowly squeeze your hand into a fist, then open fingers out and relax.
- Repeat 5 times