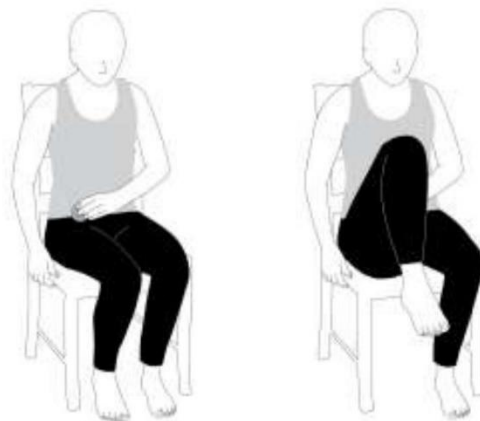


## RIGHT LOWER LIMB SELF MLD AND EXERCISE PROGRAM

Perform the following routine twice per day, morning and night. They can be performed in sitting.

1. Take 5 deep abdominal breaths.
2. Place the ball in your groin and bend your right hip to your chest 10 times (you may need to hold the ball in place with your hand). Repeat on the left leg.

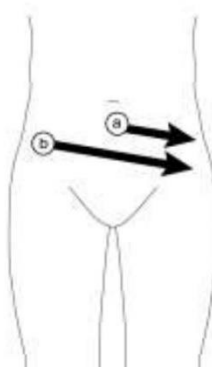
*This helps stimulate the lymph nodes*



**The following should be performed slowly and directly on the skin. You should use medium pressure but should not make the skin red.**

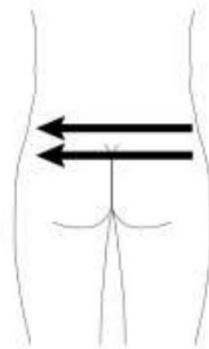
*Tip: If you find it difficult to stroke using your hand a rubber paint roller can be used.*

3. Divide your body in half down the middle. Always stroke away from the affected leg/ abdomen.
  - a) From your belly button stroke with the flat of your hands directing towards the groin on the unaffected side.  
Repeat \_\_\_\_\_ times
  - b) From the side that is affected stroke with the flat of your hands across your abdomen directing towards the groin on the unaffected side.  
Repeat \_\_\_\_\_ times

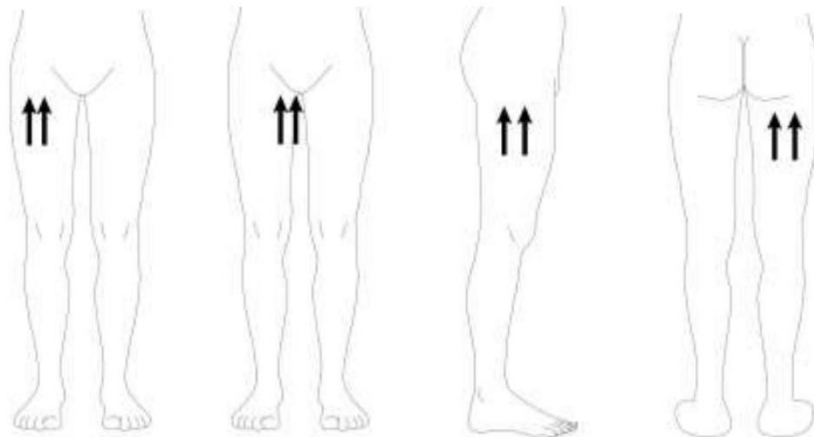
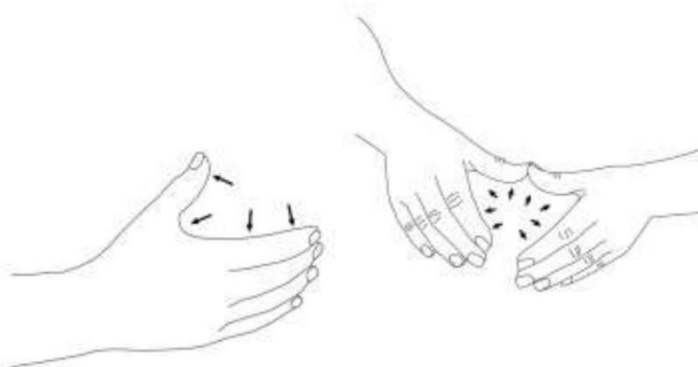


4. Starting on the affected side of your body, with the flat of your hand, stroke across your back as far as you can reach always directing towards the unaffected side.

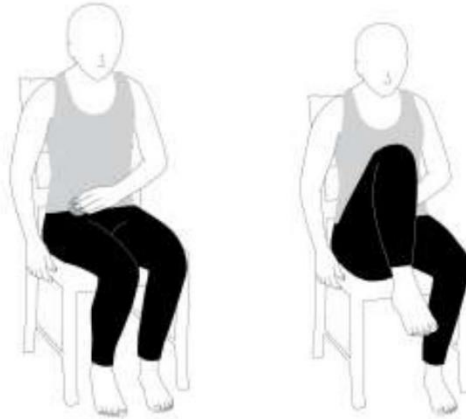
Repeat \_\_\_\_\_ times



5. Using the web space of the thumb and index finger on both hands stroke upwards from the middle of the thigh towards the groin on the :
- Front of the thigh
  - Inside of the thigh
  - Outside of the thigh
  - Back of thigh



6. On your affected side place the ball and bend your right hip to your chest 10 times.



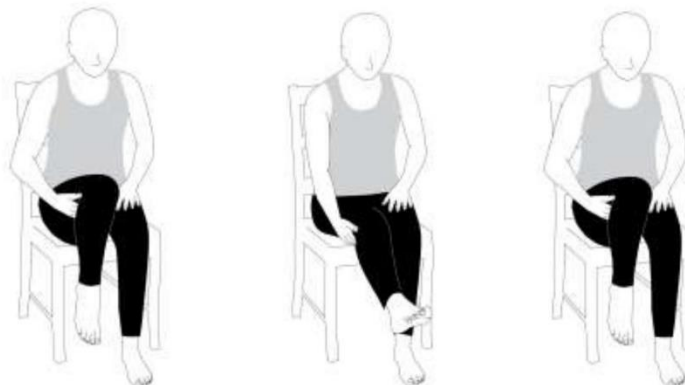
7. Using the web space of the thumb and index finger on both hands stroke upwards 10 times from the knee up the thigh towards the groin on the :

- a. Front of the thigh
- b. Inside of the thigh
- c. Outside of the thigh
- d. Back of thigh



8. Once again place the ball in your groin and bend hip to your chest 10 times.

9. Place your hands just above the crease of your knee and bend your knee 10 times against your hand.



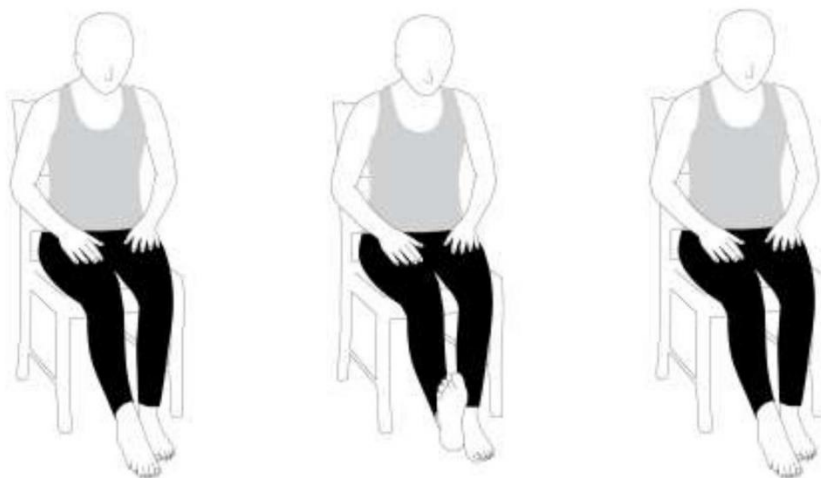
10. Using the web space of the thumb and index finger on both hands stroke upwards from the middle of your calf to your knee 10 times on the front, back and both sides.



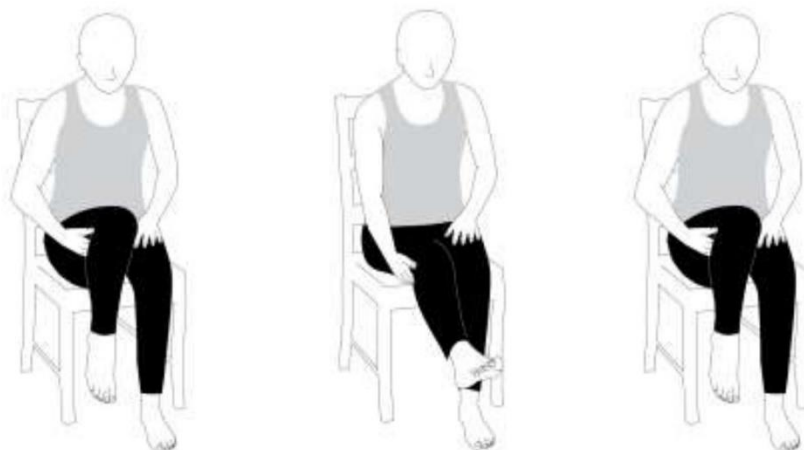
11. Using the web space of the thumb and index finger on both hands stroke upwards from your ankle to your knee 10 times on the front, back and both sides.



12. Slowly pull your feet up towards your face, and point your feet down 10 times.



13. Place your hand just above the crease of your knee and bend your knee 10 times against your hand.



14. Repeat steps 11, 9, 7 and 6.

15. Finish with 5 deep abdominal breaths.