

Lymphatic drainage massage

Lymphatic massage, or manual lymphatic drainage, is a specialized medical massage targeting lymphedema, a condition where lymphatic fluid accumulates in specific body areas. The massage aims to enhance lymph flow, reducing swelling.

Beneficial for fluid buildup from:

- Cancer and lymph node removal
- Vascular surgery (e.g., vein stripping)
- Burn scar excision
- Lipectomy (fat removal surgery)
- Infection or trauma in the lymphatic system
- Fluid buildup from deep vein thrombosis