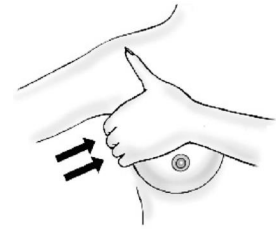


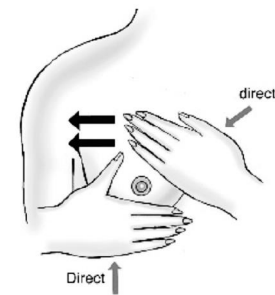
Lymphatic Breast Drainage

- 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.



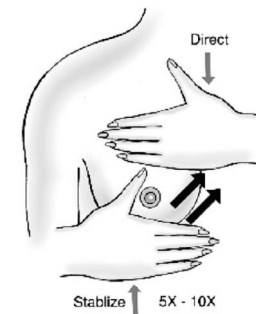
Pump directly into armpit.
Feel for tenderness.
Repeat pumping action 10X - 20X

- 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 inward
5X - 10X