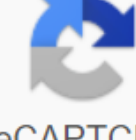


Define manual lymphatic drainage massage

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Manual lymphatic drainage (MLD) is a type of massage based on the hypothesis that it will promote the natural drainage of the lymph, which carries tissue waste back to the heart. The lymphatic system depends on the internal contraction of smooth muscle cells in the walls of lymph vessels (peristalsis) and the movement of the skeletal muscles to propel the lymph through the vessels to the lymph nodes and then to the lymphatic ducts, which return the lymph to the cardiovascular system. Manual lymphatic drainage uses a certain amount of pressure (less than 9 ounces per square inch or about 4 kPa) and rhythmic circular motions to stimulate lymphatic flow. Clinical studies of MLD conclude that further study of the practice is necessary before recommending it as an effective health treatment. Medical Use Studies show mixed results regarding the effectiveness of the method in the treatment of lymphedema and further research is needed. In 2013, a systematic review of manual lymphatic drainage for lymphedema associated with breast cancer did not find clear support for the effectiveness of intervention either in the prevention of limb swelling in at-risk women or in the treatment of women for the disease. The guide to the history of lymphatic drainage was first created by Danish doctors Emil Wadder and Estrid Wadder in the 1930s to treat chronic sinusitis and other immune disorders. While working on the French Riviera treating patients with chronic colds, Vodders noticed these patients had swollen lymph nodes. In 1932, at a time when the lymphatic system was poorly understood, they began to develop light, rhythmic hand movements in the hope of contributing to lymphatic movement. In 1936 they introduced this technique in Paris, France, and after World War II, they returned to Copenhagen to teach other practitioners to use this therapy. Inquiries: Milady's guide to lymphatic drainage massage; Ramona French; Delmar/Sengej; 2004 - b Stillerman, Elaine (2009). Modalities for massage and bodywork. Mosby. 129-143. ISBN 032305255X. - Manual lymphatic drainage combined with compression therapy for arm-lymph swelling after breast cancer treatment (PDF). Swedish Agency for the Evaluation and Evaluation of Social Services in The Medical Technology (SBU). Archive from the original (PDF) dated April 2, 2013. Received on April 25, 2014. Huang TW, Tseng SH, Lin CC, Bai CH, Chen CS, Hung CS, Wu CH, Tam KW (2013). Effects of manual lymphatic drainage on lymphedema associated with breast cancer: a systematic review and meta-analysis of randomized controlled trials. World J Surg Oncol. 11 (15). doi:10.1186/1477-7819-11-15. PMID 23347817. Andrew Levine (1998). Body and Massage Source. Lowell House. 173-84. ISBN 9780737300987. External links explaining manual lymphedematherapy on the website of the National Cancer Institute. Received from Manual lymphatic drainage (MLD) is a mild detoxification therapy that drains excess fluid from the body to improve the overall functioning of the lymphatic (immune) system. MLD is often used to treat lymphedema, characterized by blockage of lymph nodes in the hands and feet, which often leads to a feeling of heaviness and general discomfort. MLD was first Dr. Emile Vodder in the 1930s, who noticed patients with severe colds had swollen lymph nodes. He developed a treatment using circular hand movements to release toxins and bacteria from the body. The end result of general detoxification Lymphatic massage is applied gently towards the lymphatic flow in order to unlock any obstructed lymph vessels, allowing the lymphatic flow to transport waste from the body. Therapy is used in gentle strokes in relation to the heart. This method slightly stretches the walls of lymphatic vessels and promotes lymphatic drainage, leading to general detoxification of the system. There are four MLD methods that can be used during treatment: 1. Stationary circles Continuous spirals using fingertips on the neck, face and lymph nodes. 2. Pump technique Oval strokes using fingers, thumbs, palms on the skin. 3. Rotary technique Circular motion, palm face down. Wrists apply and reduce stroke pressure. 4. Scoop the palm strokes up, fingers stretched to resemble a scoop. Twisted strokes are applied to the affected area. And, Patel said, Stage 3 lymphedema can be devastating, causing significant depression and lack of mobility, which can complicate healing. When performing a lymphatic massage, it is important that the massage involves more than just the affected area. The entire lymphatic system of the body, except for the head, the right side of the chest and the right hand, drains near the left shoulder. Therefore, the massage should include all areas to drain properly. Patel teaches two stages of lymphatic massage: cleaning and reabsorption. Cleaning goal to create a vacuum with gentle pressure so that the area is ready fluid, creating a flushing effect. Cleaning includes: Cleaning movements can be repeated up to 10 times a day. Patel advises: Always massage both sides of the body, not just the lymphedema side. The cleanup guide there are three steps to clean up. Be sure to clear the supraclavicular area, the sweep area, and the inner elbow area, in this order. To clear the above-clavicular area: Start by lying on a comfortable, flat surface. Cross your arms on your chest with your hands just below your collarbone. Then slowly lift your elbows. Muscle action is so much pressure required to prepare the area for flushing the lymphatic fluid. Next, clear the thought area: Put one hand over your head. Use the other hand to gently scoop up the armpit area from top to bottom. The only pressure required is soft enough to move the surface of the skin. Finally, clean the area inside the elbows: Put your hand right on your side. Use the fingers of the opposite hand to gently pull the skin inside the elbow inches at a time. It only takes very soft pressure. In lymphatic massage, you only work the surface structure of the skin, says Patel. That's where the fluid is trapped. How to perform lymphatic massage on the feet Prepare a lymphatic massage on the legs To perform lymphatic massage on the legs you can follow these steps: Perform an upper body lymphatic massage before proceeding to the feet. Follow the three cleaning stages in the supraclavicular area, the snare area and the inner elbow area, in this order. This ensures that the system will be clear to allow the liquid to deplete. Use light pressure. If you only have a short amount of time, perform a cleaning stage massage. To start reabsorbing on your feet, you will use pumping motions behind your knee: Place both hands behind your knees. Pump the back of the knee with rolling, upward movement 10 to 15 times. Your knee is now ready to take in fluid from your lower leg, so you can proceed with a lower leg massage: Put one arm on the top of the shin and the other by the leg. Stretch the skin in upward motion and then release it. Continue down to the ankle area. Repeat down through the ankle and legs, always stroking up. End the massage by gently pushing the liquid in your toes up your toes. How do you know if lymphatic drainage massage is effective? It's a maintenance method, Patel says. Your lymphedema should not deteriorate if you regularly practice lymphatic massage. Also, drink water. A well-hydrated fabric helps to get out of waste. Managing lymphedema can also include: using a compression sleeve to prevent the accumulation of fluid by a qualified therapist for an in-office drainage massage When choosing a therapist, learn as much about their education as possible. Massage is very good for you, but deep tissue massage can be too heavy for someone with lymphedema, so don't think you can just go to the massage therapist. Look for someone who is a certified lymphedemater (CLT) and preferably a physiotherapist with oncology and pathology training. Last medical review February 26, 2019

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