

Manual Lymph Drainage

What is the lymphatic system?

Much like the blood vessels in our body, the lymphatic system is made up of lots of small tubes or vessels that run throughout the body. It has many jobs, one of these being a drainage system for lymph fluid that has leaked from the blood vessels into the tissues, bringing it back into the blood vessels.

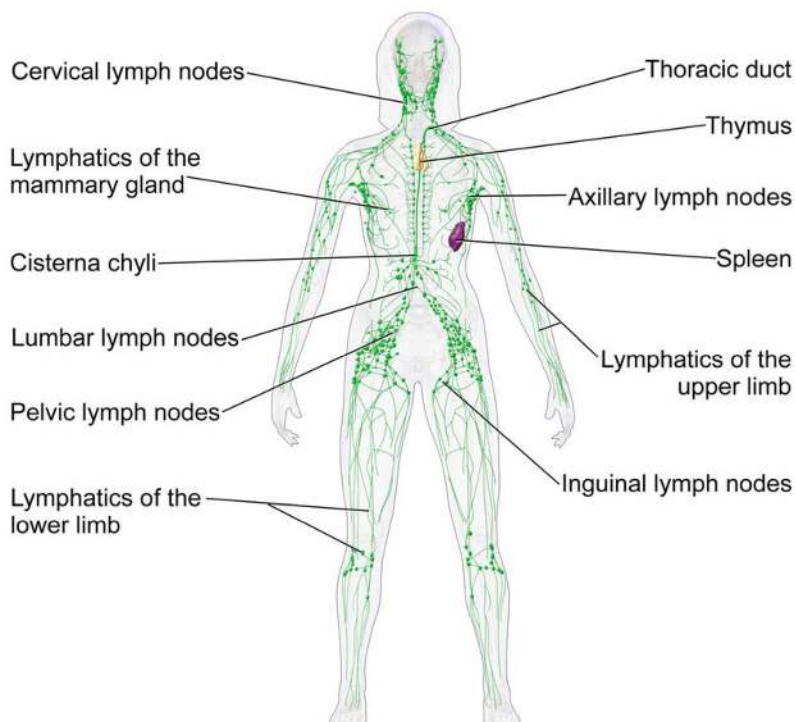
Some of the other jobs it does are:

- Managing fluid levels in our body
- Reacting to bacteria in the body
- Dealing with cancer and disease cells by releasing antibodies
- Absorbing some fats from intestine

What can MLD treat:

While there are many benefits of MLD, these are main issues we can treat.

1. Post-surgery swelling
2. Injury swelling (rolled ankle, inflamed joint)
3. Lymphedema – long term swelling usually three months or more
4. Oedema – short term swelling
5. Varicose veins
6. Sinus flair ups
7. Immune system boost



This is a basic diagram of what the Lymphatic system looks like.

The darker green areas are called 'nodes' and these are the power house of the lymphatic system. They are what pump the fluid through the vessels, which are the lighter green lines in the diagram.

Most of these groups of nodes are in what I call the creases of the body, like the armpits, the groin.