

BENEFITS OF THERAPEUTIC MASSAGE FOR MANUAL LYMPH DRAINAGE

The lymphatic system consists of a network of capillaries and lymph vessels that carry lymph from the tissues to two ducts in the neck where it is then returned to the blood stream.

This system does not have a pump and works against gravity. For this reason lymph often collects in the tissues faster than it is returned to the blood stream. The tissues then become water-logged.

Manual lymph drainage is a massage technique that focuses on stimulating the movement of lymph, through the lymph vessels, back to the blood stream. By manually moving the lymph the lymphatic system is stimulated to absorb excess tissue fluid, preventing a build-up and stagnation of water in the body.

It is a gentle, painless and rhythmic treatment that encourages the body and mind to relax.

Manual lymph drainage is indicated for treating a variety of medical conditions and cosmetic needs such as:

- ❖ **Lymph oedema**
- ❖ **Pre- and post-surgery**
- ❖ **Injury to muscles and joints**
- ❖ **Relaxation and stress management**
- ❖ **Skin and tissue health**
- ❖ **Rheumatic illnesses**

Please note that it is a legal requirement for Therapeutic Massage Therapists to be registered with the Allied Health Professions Council of South Africa.



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