



Whole Body Breast Whealth Part 2 of 5



Love Your Lymph!
Introduction to Lymphatic Skin Brushing

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Today's Objectives

- Understanding lymphatic system
- Skin brushing for lymph self-care
- Lymph system and inflammation
- How bras affect lymphatic flow



Aubrey Lesicki, BS, LMT



- 2002 graduated from The Soma Institute in Chicago, IL
- 2006 graduated from the University of Michigan, Ann Arbor, MI
- 2010 completed internship at the Trillium Institute, Seattle, WA
- 2012- present: ongoing Lymph Drainage Therapy training, Chikly Institute
- 2015 completed Lymphedema Therapy Certification with Klose Training

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Andrew Taylor Still, MD, DO

Father of Osteopathy (1828-1917)



- “...your patient had better save his life and his money by passing you by as a failure, until you are by knowledge qualified to deal with the lymphatics.”
- *Philosophy of Osteopathy*

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Emil (and Estrid) Vodder, PhD

Parents of Manual Lymph Drainage (1896-1986)

- “Lymph drainage normalizes.”



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Bruno Chikly, MD, DO (hon.)

Father of Manual Lymphatic Mapping (present day)



- “Nearly every intimate exchange inside our body is mediated through water.”
- *Silent Waves: Theory and Practice of Lymph Drainage Therapy*
- *ChiklyInstitute.com*

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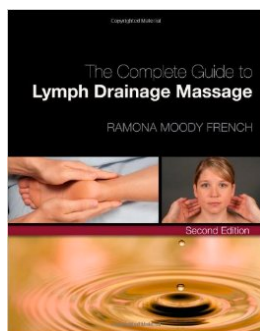
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Ramona Moody French, MT

- “Over the years, LDM became a form of movement meditation for me.”
- *The Complete Guide to Lymph Drainage Massage*



What is lymph?

- Starts as extracellular fluid that has escaped the cells, veins and arteries and has to be cleaned and returned to to the blood
- 96% water
- 4% immune cells, foreign bodies, toxins, cellular debris, fats, hormones, minerals, proteins from blood (“cellular leftovers”)



What is the lymph system?

- Lymph fluid
- Lymph vessels
- Lymph nodes (600-800, 1/3 located in viscera)
- Lymphoid organs
 - Tonsils
 - Thymus
 - Spleen
 - Intestinal nodes (Peyer's patches)



Lymph micro-anatomy

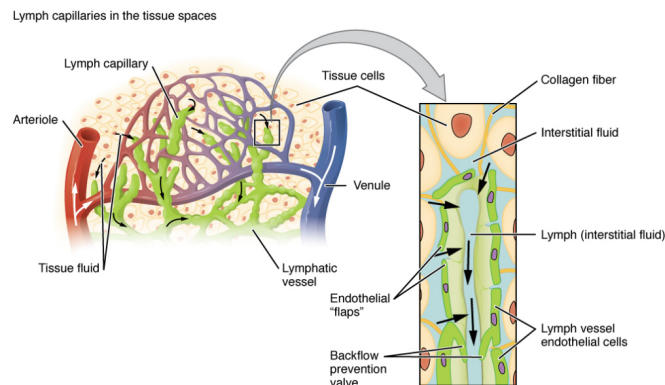
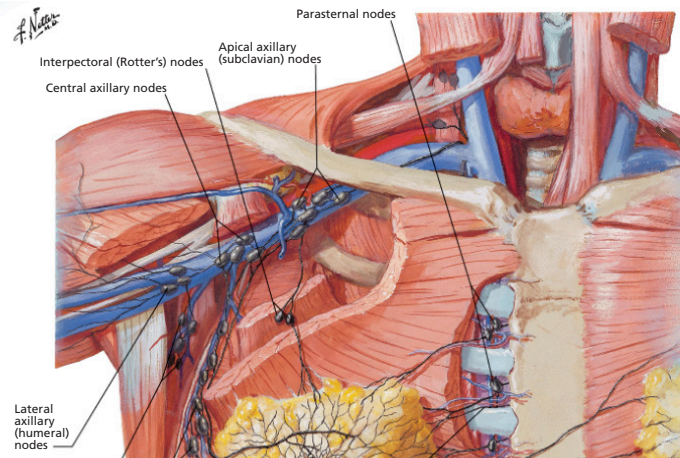


Figure 21.3 Lymphatic Capillaries Lymphatic capillaries are interlaced with the arterioles and venules of the cardiovascular system. Collagen fibers anchor a lymphatic capillary in the tissue (inset). Interstitial fluid slips through spaces between the overlapping endothelial cells that compose the lymphatic capillary.

Courtesy Open Stax



Lymph chest anatomy



© Netters Anatomy

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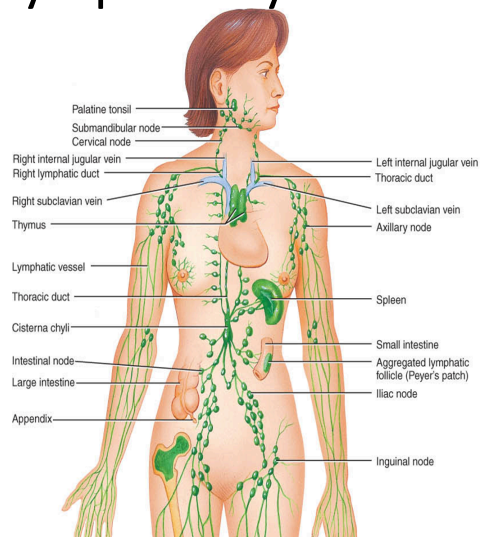


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Lymph body anatomy



<https://www.premedhq.com/structure-of-the-lymphatic-system>

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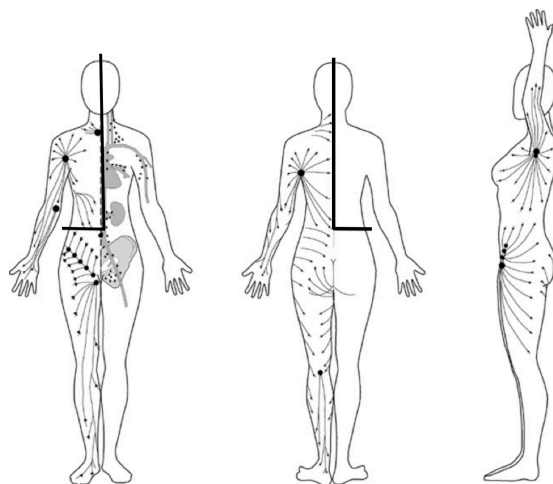


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Lymph pathways



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How does lymph move?

- Exercise
- Deep breathing
- Bandaging/compression
- Smooth muscle contraction
- Sodium/protein imbalances
- Lymphatic Massage

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Lymph Self-Care

- Relaxing
- Walking
- Swimming
- Rebounding (mini-trampoline)
- Self-massage/ Skin brushing
- Compression garments
 - Sockwell (15-20 mmHg) at sockwellusa.com
 - Compression vests recovery.marena.com
 - <https://www.leonisa.com/en/products/posture-corrector-wireless-back-support-bra/>



Bras and Lymphatic Flow

- Traditional bras, especially with an underwire, create a tourniquet effect across the diaphragm (chest band lays over diaphragm) and block normal lymph pathways at the shoulder and underarm



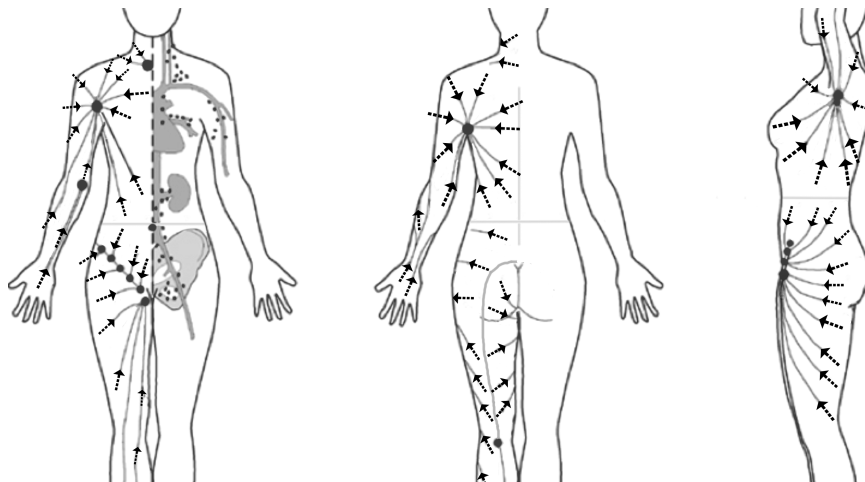
Lymphatic Massage

- Gentle, rhythmic pressure repeatedly applied in the direction of lymph flow
- Gentle: moving the skin without moving the muscle
- Rhythmic: 6 to 10 repetitions per minute at rest
- Pressure: the weight of 17 nickels (1/2 ounce)
- Repeated: several strokes over one area; returning to previously treated area to “rinse”
- Direction: toward the lymph nodes



Lymph Self-Care

Skin Brushing



Lymph Self-Care

Skin Brushing

Sonic Massager Opaceluuk or Solo Mio
<https://amzn.to/2FVVn5t>



Skin Brush
Or Spa Gloves



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When it is important to move lymph

- Edema
 - Post-partum
 - Post-surgical
- Inflammation
 - Sprain/strain
 - Sinusitis
 - Acne
 - Pain
 - Allergies
- Detoxification

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LYMPHEDEMA

- Can occur any time after lymph node dissection of even ONE node, or after radiation treatment
- Ok to massage as usual on the NON-affected quadrants (no deep tissue to affected quadrant)
- Consult with client's lymphatic therapist if client has active lymphedema
- Primary lymphedema: congenital, adolescent or adult onset from reduced lymph vessels (genetic)
- Lipedema (inflammation of fat cells)



Resources & References

- Sonic Massager (affiliate link)
 - <https://amzn.to/2FVVn5t>
- SockwellUsa.com
- ChiklyInstitute.com
- KloseTrainingStore.com



Resources & References

- French, Ramona Moody; *The Complete Guide to Lymph Drainage Massage*, (Milady, 2012)
– Affiliate link <https://amzn.to/3733WHz>
- Chikly MD, Bruno; *Silent Waves: Theory and Practice of Lymph Drainage Therapy - With Applications for Lymphedema, Chronic Pain and Inflammation* (IHH Publishing, 2001)

