



Frisbie Memorial Hospital

Marsh Brook Rehabilitation Services

Wentworth-Douglass Hospital

EDEMA MASSAGE

Start on the back of the forearm directly under the elbow. Use light pressure ($\frac{1}{2}$ the weight of hand). Continue a hand's width below to back of hand. This is "clearing".

To "flow" swelling away, complete one "U" from back of hand and one hand's width back to elbow. Do this 5 times.

Then, "pat the kitty" and stroke lightly from hand toward elbow.

Do this two times per day.

ML/aoc
10/98, Rev. 2009