



Frisbie Memorial Hospital

Marsh Brook Rehabilitation Services

Wentworth-Douglass Hospital

EDEMA MASSAGE

Start on inside area of elbow (with arm in palm-up position) on area of elbow crease closest to body. Complete 10 “U’s” using tolerable pressure. Move hand to just below elbow crease and complete 5 “U’s” with light pressure ($\frac{1}{2}$ the weight of hand). Continue a hand’s width below until you reach your palm. This is “clearing”.

To “flow” swelling away, complete one “U” from palm and continue 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
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