

Appendix SI.

Protocol for the manual lymphatic drainage of lower limbs

1. Bilateral draining of the lymph nodes of the anterior trunk 1-2-3-3-2-1
2. Bilateral draining of the lymph nodes of the posterior trunk 4-5-6-7-7-6-5-4
3. Emptying of the lymph nodes on the back side of the lower limbs 12-10-12
4. Bilateral draining of the lymph nodes of the posterior trunk 7-6-5-4
5. Bilateral draining of the lymph nodes of the anterior trunk 3-2-1
6. Emptying of lymph nodes on the anterior side of lower limbs (8)-9-10
7. Ante-posterior disto-proximal resorption maneuvers as described by Leduc.
a-number of repetitions and pressure exerted depending on induration of the edema
b-stop at the popliteal fossa for emptying lymph nodes 10
8. Draining of lymph nodes 9-(8)
9. Bilateral emptying of the lymph nodes of the anterior trunk 3-2-1
10. Bilateral emptying of the lymph nodes of the posterior trunk 4-5-6-7-7-6-5-4
11. Bilateral emptying of the lymph nodes of the anterior trunk 3-2-1

Protocol for the manual lymphatic drainage of upper limbs

1. Bilateral draining of the lymph nodes of the anterior trunk 1-2-3-3-2-1
2. Bilateral draining of the lymph nodes of the posterior trunk 4-5-6-7-7-6-5-4
3. Cat scratching from the tip of the scapula to the shoulder on the pathological side
4. Emptying of lymph nodes 11
5. Cat's claw maneuver from the tip of the scapula to the shoulder
6. Bilateral drainage of lymph nodes of the posterior trunk 7-6-5-4
7. Bilateral draining of the lymph nodes of the anterior trunk 3-2-1
8. Draining of the Mascagni track, then lymph nodes 11
9. Ante-posterior disto-proximal resorption maneuvers as described by Leduc.
a-number of repetitions and pressure exerted depending on induration of the edema
b-stop at the elbow for emptying lymph nodes 11
10. Emptying of the Mascagni track and bilateral draining lymph nodes 3-2-1
11. Bilateral emptying of the lymph nodes of the posterior trunk 4-5-6-7-7-6-5-4
12. Bilateral emptying of the lymph nodes of the anterior trunk 3-2-1

Lymph node areas

Anterior trunk

- 1- Supraclavicular lymph nodes
- 2- Axillary lymph nodes
- 3- Deep abdominal lymph nodes

Posterior trunk

- 4- Deep lateral cervical lymph nodes
- 5- Internal mammary lymph nodes
- 6- Subscapular lymph nodes
- 7- Posterior paravertebral lymph nodes

Lower limbs

- 8- External iliac nodes
- 9- Inguinal lymph nodes
- 10- Popliteal lymph nodes
- 11- Deep posterior lymph chain of the lower limb

Upper limbs

- 12- Epitrochlear lymph nodes

