

# **MANUAL LYMPH DRAINAGE (MLD)**

## **Contraindications:**

- Malignancy
- Acute inflammation or infection
- Thrombosis
- Heart-related edema (CHF)

## **Precautions:**

- Treated malignancy
- Chronic Inflammation
- Stabilized thrombosis
- Low blood pressure
- Hyperactive thyroid
- Asthma
- Tuberculosis
- Nevus (moles)
- Menstruation
- Pregnancy

## **Indications:**

- Sprains
- Fractures
- Joint dislocations
- Tendonitis
- Carpel tunnel syndrome
- Tennis elbow
- Burns

## **Pre- & Post-Operative:**

- Mastectomy
- Oral surgery
- Cosmetic surgery
- General surgery
- Scars
- Stretch marks
- Maxillo/Facial surgery

## **Preventative Maintenance:**

- Migraine headaches
- Sinusitis
- Arthritis & Rheumatism
- Allergies
- Acne
- Glaucoma
- Multiple sclerosis
- Lymphedema
- Varicose veins