

# The Courtyard Clinic

Physical  
Health

## Lymphatic Drainage Massage



### Osteopathy/Physiotherapy Sports & Remedial Massage

- Back, Neck & Shoulder pain
- Joint & Muscle Injuries
- Headaches
- Arthritis
- Rib Pain
- Sports Injuries

### Podiatry/Chiropody

- Toenail Problems
- Corns & Callouses
- Verrucae
- Diabetic Foot Checks
- Foot Odour
- Footwear Advice



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Lymphatic Drainage Massage is a gentle type of massage therapy used to treat swelling in the Lymphatic System. The Lymphatic System is a part of the immune system which includes organs like the Spleen, Thymus and Bone Marrow. It mainly consists of a system of vessels that contain a fluid called lymph, which is used to drain waste from tissues in the body, as well as fighting infection. Along the paths of the vessels there are pods known as Lymph Nodes, these are often misnamed glands. You will have been aware of some of your lymph nodes, as they are the tissues that you feel swollen in your neck, armpit or groin in the presence of an infection. The Tonsils and Adenoids are also Lymph nodes, and not in fact glands at all.



Lymphatic Drainage Massage is used to treat a symptom called Lymphoedema. Lymphoedema occurs when something prevents the movement of lymphatic fluid through the

lymphatic vessels. It is most common in the arms and legs, and usually involves swelling in all, or part of a limb. To begin with rings, watches and socks might feel tight, but in more severe cases clothing can start to feel tight and it can become difficult to dress. Other symptoms include:

- Heavy achy discomfort in the affected area,
- Limited movement,
- Recurrent skin infections,
- Changes in skin texture or folds developing in the skin,
- In very severe cases, fluid can begin leaking through the skin.

There are many different issues that can cause lymphoedema, including:

- **Injury:** Sports injuries or traumas like deep cuts and bruises can result in a blockage in the lymphatic system and lead to swelling in the affected area.
- **Infection:** Cellulitis is a bacterial skin infection that can cause lymphoedema. Severe

cellulitis can damage the tissue around the lymphatic system, causing it to become scarred.

- **Cancer Treatment:** Because Radiotherapy is often aimed at destroying cancerous cells within lymphatic vessels, it can also cause damage to healthy tissue as well.
- **Surgery:** Surgery can create scar tissue which can compress lymphatic vessels and lead to lymphoedema. The treatment of some cancers requires surgical removal of lymphatic tissue itself which can also lead to lymphoedema. Lymphoedema is particularly common after breast cancer surgery which involves the removal of breast and lymphatic tissue to treat or prevent breast cancer. Lymph drainage massage can help ease mild to moderate symptoms after surgery.
- **Immobility:** The lymphatic system doesn't have a pump, like the vascular system has with the heart. It relies on muscle activity surrounding the lymphatic vessels to massage fluid into and along them. Therefore, reduced movement and periods of immobility can lead to swelling.



Lymphatic drainage massage can help move the impeded fluid when you have lymphoedema. There are many types of massage

technique, and they all work in the same way. They use gentle movements to stretch and move the skin in the direction of lymph flow. Other advice will probably be given to help recovery such as stretching and strengthening exercises, compression bandages/sleeves/stockings, hot/cold compresses.

Our Massage Therapist at The Courtyard Clinic is Wendy David. Wendy is a member of the Federation of Holistic Therapists and completed her ITEC level 4 in Sports Massage Therapy in 2019. She is also qualified in deep tissue, lymphatic drainage and pregnancy massage.

Born in Maldon and raised in Tiptree, Wendy is from a very large family who are a huge part of her life. She believes in caring for the people around her. Massage has given her the skills to be able to offer people relief from pain and stress and improve mobility.

Outside of work Wendy has three grown up daughters who she loves spending time with, or her horse Daisy who keeps her fit and penniless!

## The Courtyard Clinic - Osteopathy, Physiotherapy, Massage Therapy, Podiatry/Chiropody



**Jamie Lauder**  
Registered  
Osteopath



**Ben Brown**  
Registered  
Osteopath



**Matt Tomlin**  
Registered  
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**Ryan O'Reilly**  
Registered Podiatrist/  
Chiropodist



**Wendy David**  
Sports & Remedial  
Massage Therapist



**Vicky Duerden**  
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