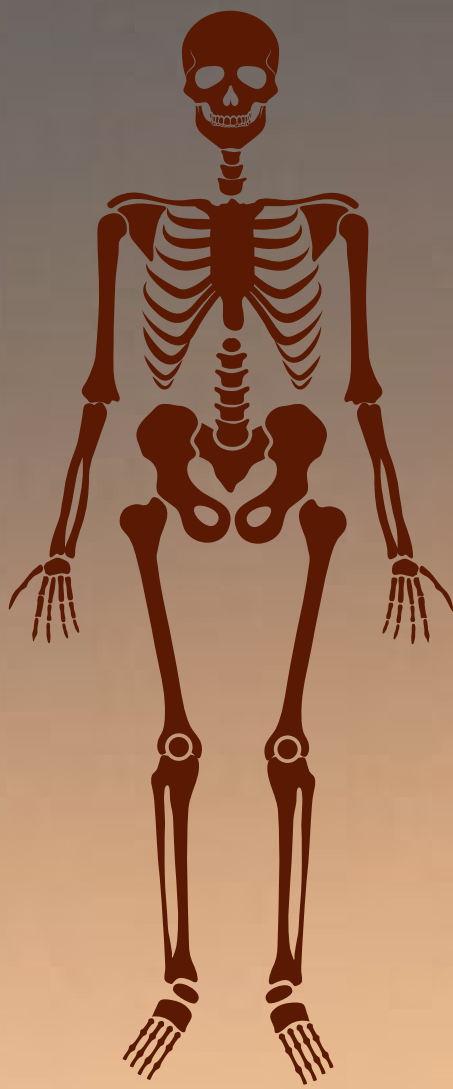


ROCKY VISTA UNIVERSITY • FALL FESTIVAL 2020



SELF-HEALTH
Lymphatic Pump Techniques

Lymphatic Pump Techniques

The second osteopathic tenet states:

“The body is capable of self-regulation, self-healing, and health maintenance.”



In other words... osteopathic medicine focuses on your body's ability to heal itself. Our approaches enable and aid your body in this process.

Why use these techniques?

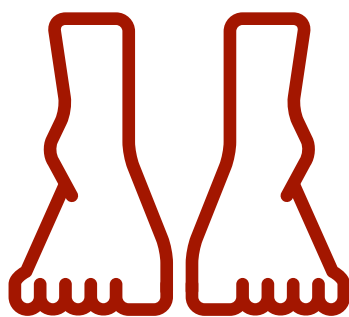
- **Improve lymphatic flow to reduce swelling and improve circulation**
 - **Drain toxins**
- **Promote immune system function**
 - **Relax the body**

****NOTE: This is supplemental at-home care and NOT a replacement for professional medical treatment. If you are sick, injured, or otherwise concerned for your health, contact your primary care provider.**

Lymphatic Pump Techniques

PEDAL PUMP

Place your palms on the bottom (pump towards head) or top (pump towards floor) of your partner's feet.



You will want to press/pump in a rhythmic fashion (about 100-120 pumps per minute). Continue to do so for 30 seconds to 2 minutes.

Try using these songs for rhythm:

- Stayin' Alive - Bee Gees
- Sweet Home Alabama - Lynyrd Skynyrd
- Dancing Queen - ABBA
- Crazy - Gnarl Barkley