Lymphatic Pump

Unlike the heart in the blood circulatory system, the lymphatic system does not have an active pump to propel lymphatic fluid. Instead, effective lymph flow depends on sufficient muscle and joint movement.

The diaphragm is a muscle that helps you breathe in and out. The up and down movement of the diaphragm during deep abdominal breathing stimulates lymphatic structures, accelerates the transport of lymph fluid, and improves overall lymphatic drainage.

Stimulating this respiratory and lymphatic pump can have a multitude of other positive effects such as improved posture and balanced energy levels. So how do we effectively breathe for ideal diaphragmatic engagement? Follow along below!

1. Lay flat on your back on the floor or a bed.
2. *While inhaling,* extend your head and neck by elevating the chin. Concentrate this motion to happen in your upper neck area. *At the same time,* point your feet down, away from your head. When you reach full inhalation and extension – hold for your breath and this position for 3 seconds, then begin to exhale SLOWLY.
3. *While exhaling,* bring your chin back down and perform a chin tuck (like trying to give yourself a double chin) without raising your head or shoulders from the floor or bed. *At the same time,* bend your feet upward towards your head. Your head and feet should reach full flexion at the same time you reach full exhalation.

Perform this exercise for 1 complete minute – deeply breathing and allowing the belly to move up and down, but at your normal rate. Stop the exercise if you become dizzy or light-headed.

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