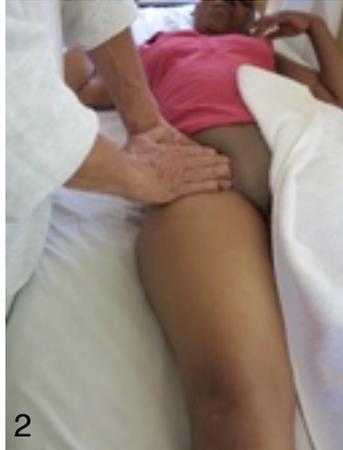




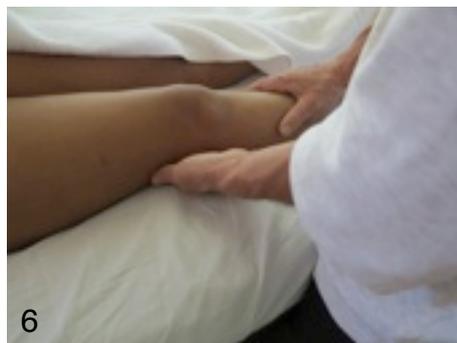
## Edema therapy for the legs



1 and 2: inguinal lymph nodes

Drain three lines from top to bottom: top of leg, inner side of leg, middle and outer side of thigh

6: lymph nodes of the poplitea



Drainage of the ankle and the feet



9: circle the achilles tendon with fingertips on left and right side.