

## **KNEE DRAINAGE SCRIPT**

Knee Drainage involves gentle massage to stimulate lymph flow around the knee joint. The knee contains lymph nodes that help filter excess fluid and waste from the lower legs.

**Here are the steps of the Energy Flow® Knee Drainage exercise:**

1. Sit or lie down with your legs slightly bent, ensuring your knees are relaxed.
2. Place your fingers on the soft area behind your knees, where the lymph nodes are located.
3. Use your fingertips to apply gentle pressure in a circular motion behind the knees. Breathe deeply, inhaling as you press and exhaling as you release.
4. Perform the massage for 1-2 minutes on each knee, maintaining the rhythm of your breathing.

**Reflection questions:**

1. As you massaged behind the knees, what sensations did you notice there?
2. How did synchronising the movement with your breath affect relaxation?
3. After completing both knees, how did your legs feel compared to before?