

ANKLE DRAINAGE SCRIPT

Ankle drainage is a lymphatic exercise that involves gentle massages to stimulate lymph flow around the ankle joint. This area is prone to fluid retention, especially after prolonged standing, inactivity, or injury.

Here are the steps of the Energy Flow® Ankle Drainage exercise:

1. Sit comfortably with your legs extended in front of you, allowing easy access to your ankles.
2. Place your fingers around the ankle joint, focusing on the soft tissue just above the bony areas on both sides of the ankle.
3. Using the pads of your fingers, apply light pressure in circular motions around the ankle. Focus on the area just above the ankle bones, where lymphatic fluid tends to accumulate.
4. After a few circular motions, move to upward strokes along your lower leg, from the ankle toward the calf. This encourages fluid to drain upward. Breathe deeply, inhaling as you press and exhaling as you release.
5. Perform the massage for 1-2 minutes on each ankle, continuing the circular motions and upward strokes while synchronising your breathing to enhance the lymphatic drainage.

Reflection questions:

1. What did you notice around your ankles during the circular movements?
2. How did the upward strokes toward the calf change the feeling in your lower legs?
3. After finishing, did your feet or legs feel lighter, warmer, or more relaxed?