

Pregnancy - swollen ankles

Many mums-to-be experience swollen ankles during their pregnancy. Although this type of swelling or oedema can indicate a dangerous condition called pre-eclampsia, a certain amount of oedema is normal during pregnancy, as the body naturally retains more water and the circulatory system comes under increasing pressure.

Tips such as putting your feet up and taking it easy can help to alleviate the problem, however, busy modern-day mums often don't have time to heed this advice and needlessly put up with this uncomfortable and unattractive condition, which largely affects women in the third trimester.



How can Manual Lymphatic Drainage help reduce swollen ankles?

Manual Lymphatic Drainage or MLD is a very gentle, light touch massage that improves the efficiency of the lymphatic system – the body's waste disposal system. Specific and gentle movements of the skin stimulate and increase the rate of removal of waste products, toxins and excess fluid from the body's tissues resulting in reduced fluid retention, swelling and puffiness of the ankles.

The MLD Treatment – what to expect

The first visit to a trained MLD^{UK} practitioner will include a consultation during which the therapist will recommend the number and frequency of future sessions. Each session will last approximately one hour.

At an MLD session you will be asked to remove some of your clothing and lie down on the treatment bed where you will be covered in towels to keep you warm. You are now in the qualified hands of your MLD therapist, so lie back and enjoy one of the most relaxing treatments you have ever experienced.

As no oils or powders are used it is completely safe even for those with sensitive skin.

Are there any side effects to the treatment?

There are usually no bad side effects and it is perfectly safe to eat before and after a MLD treatment. It helps to drink some water after your treatment and you may need to go to the toilet more often, as the re-energised lymphatic system starts to recycle excess fluid and waste. After an MLD treatment, you should feel more relaxed and clear headed!

Finding a Therapist

MLD is a specialised form of massage, so it is important that a properly trained therapist delivers the treatment. To find an accredited MLD practitioner near you, visit the MLD^{UK} website at www.mlduk.org.uk or call **0844 800 1988**. MLD^{UK} members are qualified, insured, and up-to-date in their education and practice.

About MLD^{UK}

MLD^{UK} is a professional association of manual lymphatic drainage practitioners. It ensures a high standard of training amongst its members, promotes the education of health professionals with regard to MLD and raises public awareness of MLD and its therapeutic applications.

For more information
and to find your nearest MLD^{UK} therapist:

call
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visit
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