

Notes :

These exercises are meant as a starting point and should not cause painful symptoms. All individuals with lymphedema should seek approval from a doctor or lymphedema specialist before beginning an exercise program. You may be advised to wear a compression garment while performing these exercises.

1 Diaphragmatic breathing



Reps: 5-10

Lie on your back with your knees bent and your back in neutral position (slightly arched).

Place your hands on your stomach and concentrate on your breathing. Inhale while expanding your stomach without any trunk or chest movement and exhale without forcing.

There should be a short pause after each exhale before the next inhale.

2 Neck rotation



Reps: 5-10

Stand or sit tall and tuck your chin inward and pull yourself up as if there is a rope pulling the back of your head upward.

Turn your head to one side to look over your shoulder.

Return to the center then look to the other side.

Return to the center and repeat.

3 Neck side bending



Reps: 5-1

Tuck your chin inward and pull yourself up as if there is a rope pulling the back of your head upward.

Without turning the head, tilt your head sideways to bring your ear to your shoulder.

Return to neutral position, then bend your head to the other side.

Return to the starting position and repeat.

4 Shoulder shrugs



Reps: 5-10 Weight: 0-2 lbs

Stand or sit up tall with arms on your sides.

Shrug your shoulders forward, then lower them to the starting position and repeat.

This can be done with or without a light weight (1-2 lbs)

5 Elbow flexion



Reps: 5-10 Weight: 0-2 lbs

Standing or sitting with your arm against your side and the palm facing inward, bend your elbow upward turning the palm up as you progress.

Lower slowly to the starting position and repeat.

This can be done with or without a light weight (1-2 lbs).

6 Elbow extension



Reps: 5-10 Weight: 0-2 lbs

Lie on your back with your upper arm vertical and your elbow bent. Stabilize your arm with your free hand.
Straighten your elbow without moving the upper arm.
Bend the elbow under control and repeat.
This can be done with or without a light weight (1-2 lbs).

7 Shoulder flexion



Reps: 5-10 Weight: 0-2 lbs

Stand or sit up straight in a chair and look directly ahead of you.
Raise your arm in front of you with your elbow straight, as high as you can.
Return your arm to the original position.
Do not shrug your shoulder or arch your back. Move only your arm.
This can be done with or without a light weight (1-2 lbs).

8 Shoulder abduction



Reps: 5-10 Weight: 0-2 lbs

Stand or sit in a good upright posture.
Engage your lower core muscles to keep the trunk and low back in neutral.
Slowly and under control, with the thumb up, lift one arm up sideways toward your head, then back down again, making sure that the neck, trunk and low back remain in neutral.
This can be done with or without a light weight (1-2 lbs).

9 Horizontal Adduction



Reps: 5-10 Weight: 0-2 lbs

Lie on your back.
Raise your arm in front of you and have your palms facing each other.
Keep your elbows slightly bent while you lower your arms on each side.
Return to the starting position and repeat.
This can be done with or without a light weight (1-2 lbs).

10 Hand squeeze



Reps: 5-10

Place the palms of your hands together in front of you.
Push your palms together.
Relax your arms and repeat.

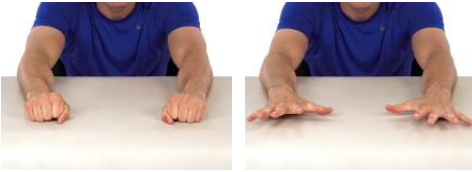
11 Active wrist ext. & flex.



Reps: 5-10

Begin with the forearm of your affected wrist on the table with your palm down and your wrist over the edge. Extend your wrist, bringing the back of the hand up towards you. Return to the starting position and repeat.

12 Active hand pump



Reps: 5-10

Hold your hands in front with your fingers straight and spread apart. Close your hands into a fist and then open and spread your fingers. Repeat.

13 Ball squeeze



Reps: 5-10

Hold a small ball in your hand. Squeeze the ball and then release it in a pumping motion.

14 Cardio Exercise



Freq: 150 min per week or as able

Engage in regular cardiovascular exercise such as swimming, walking, nordic pole walking, dance or cycling.