

Upper Extremity Lymphedema Exercises:

Be sure to complete these exercises with your:

\_\_\_\_ Bandages in place

\_\_\_\_ Garment(s) in place

Complete the exercises on the :

\_\_\_\_ Involved side only

\_\_\_\_ Both sides

Complete the exercises \_\_\_\_x/day/week

AROM: Neck Rotation

Turn head slowly to look over one shoulder, then the other. Hold 3 seconds.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day/week.

AROM: Lateral Neck Flexion

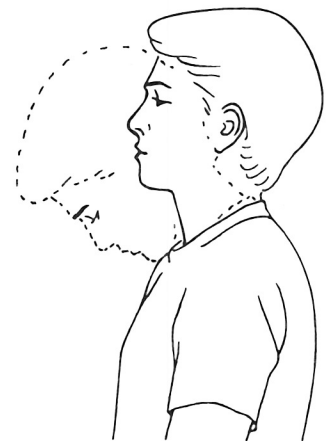
Slowly tilt head toward one shoulder, then the other. Hold 3 seconds.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day/week.

AROM: Neck Flexion

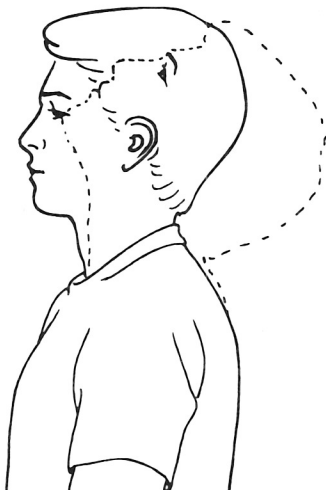
Bend head forward, and return to starting position. Hold 3 seconds.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day/week.

AROM: Neck Extension

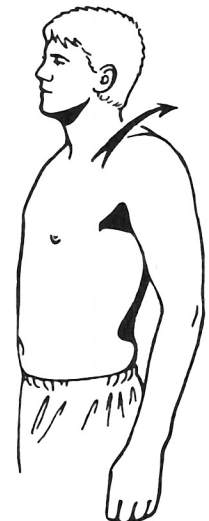
Bend head backward, and return to starting position. Hold 3 seconds. **DO NOT COMPLETE THIS EXERCISE IF YOU HAVE PAIN!**



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day/week.

Shoulder Shrugs with Deep Breathing

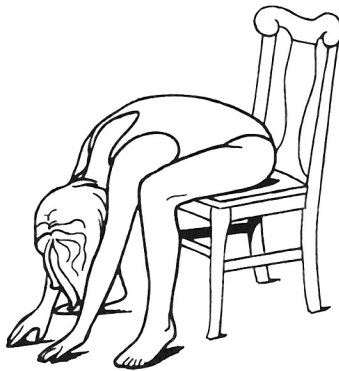
Shrug shoulders up as you inhale deeply. Lower your shoulders back down as you slowly exhale through pursed lips.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day/week.

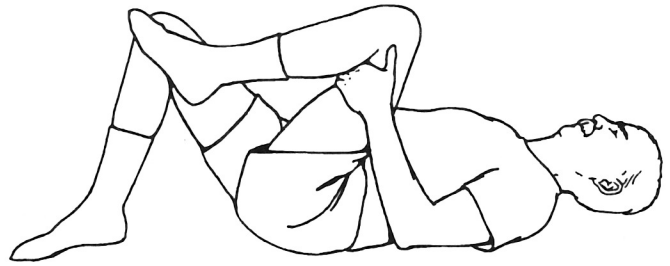
Leaning Forwards Deep Breathing

Sit in chair with knees spread apart. Bend forward reaching to floor or resting arms on legs. Take a deep breath then exhale slowly. Sit back up then repeat.



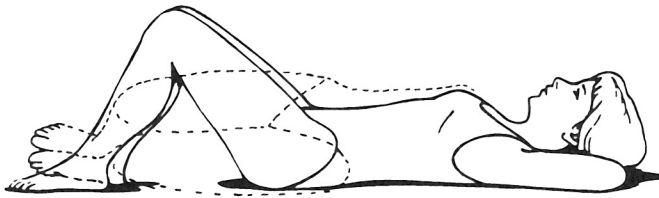
Repeat \_\_\_ times. Do \_\_\_ sessions per day/week.

Groin Node Stretching



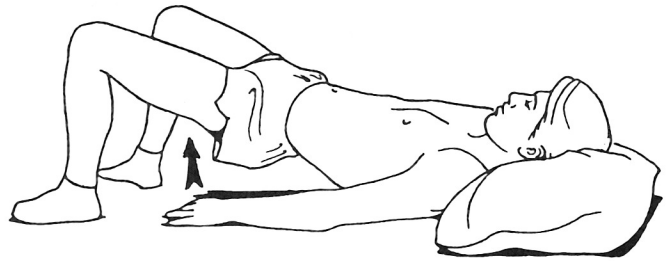
With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold \_\_\_ seconds. Repeat with other knee. Repeat \_\_\_ times. Do \_\_\_ sessions per day/week.

Abdominal Stretch



Keeping back flat and feet together, rotate knees to one side. Hold \_\_\_ seconds. Repeat \_\_\_ times each side. Do \_\_\_ sessions per day/week.

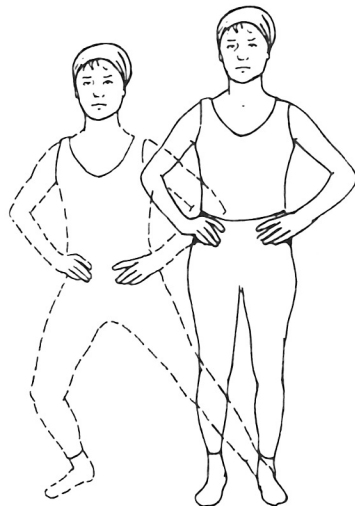
Bridging



Slowly raise buttocks from floor, keeping stomach tight. Hold \_\_\_ seconds. Repeat \_\_\_ times. Do \_\_\_ sessions per day/week.

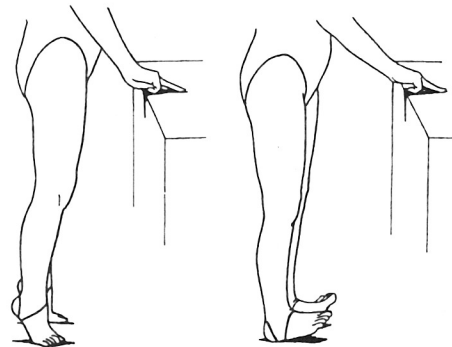
Sideways Lunge

Stand with feet shoulder-width apart and knees slightly bent. Keeping stomach muscles tensed, step sideways with one leg. Return and repeat on opposite side.



Repeat \_\_\_ times per set. Do \_\_\_ sets per session. Do \_\_\_ sessions per day/week.

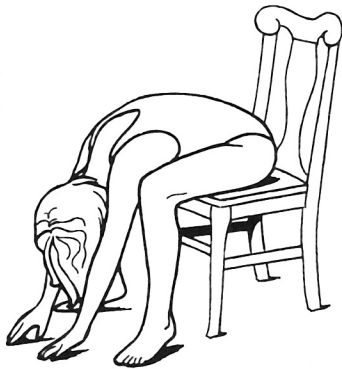
Toe to Heel Exercise



Holding a stable object, rise up on toes. Hold \_\_\_ seconds. Then rock back on heels and hold \_\_\_ seconds to complete set. Repeat set \_\_\_ times. Do \_\_\_ sessions per day/week.

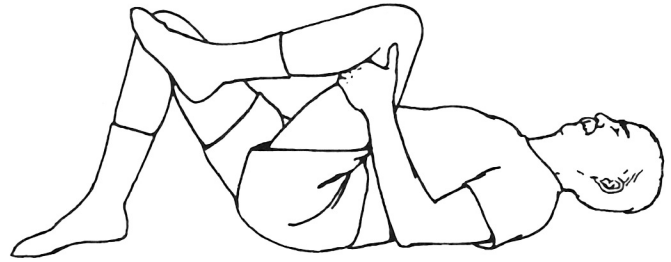
Repeat Leaning Forwards Deep Breathing

Sit in chair with knees spread apart. Bend forward reaching to floor or resting arms on legs. Take a deep breath then exhale slowly. Sit back up then repeat.



Repeat \_\_\_ times. Do \_\_\_ sessions per day/week.

Repeat Groin Node Stretching

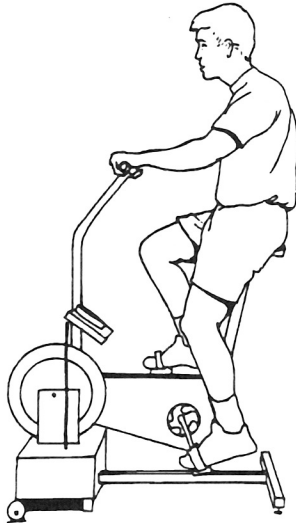


With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold \_\_\_ seconds. Repeat with other knee.

Repeat \_\_\_ times. Do \_\_\_ sessions per day/week.

Stationary Bike - Sitting

Pedal forward or backward. Adjust seat so leg is nearly straight when down.



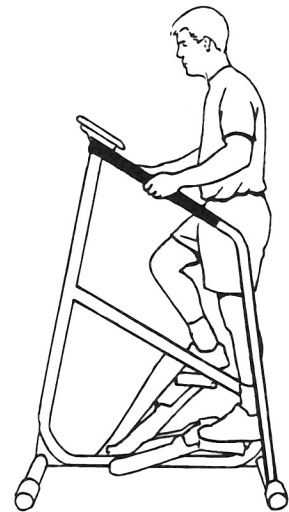
Do \_\_\_ minutes per day/week.  
\_\_\_ minimal resistance  
\_\_\_ moderate resistance

Stair Stepper

Facing forward, perform \_\_\_ short steps.

Do Program \_\_\_\_\_  
for \_\_\_ minutes.  
Level \_\_\_\_\_

*CAUTION: You should not bend knees deep enough to cause pain.*



Treadmill Walking

Walk forward on treadmill at \_\_\_ mph with a \_\_\_ % elevation for \_\_\_ minutes. or Do Program

for \_\_\_ minutes. \_\_\_ x/day/week



Shallow Squat

Perform a partial squat as shown.

Repeat \_\_\_ times per set. Do \_\_\_ sets per session. Do \_\_\_ sessions per day/week.

