

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

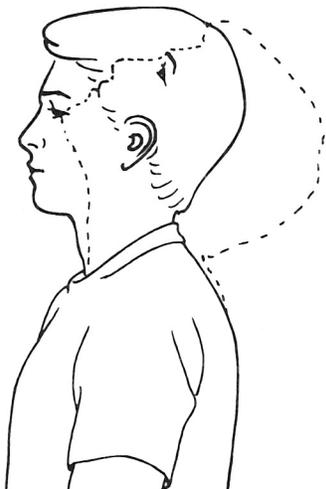
Bend head forward, and return to starting position. Hold 3 seconds.



Repeat ____ times. Do ____ sessions per day/week.

AROM: Neck Extension

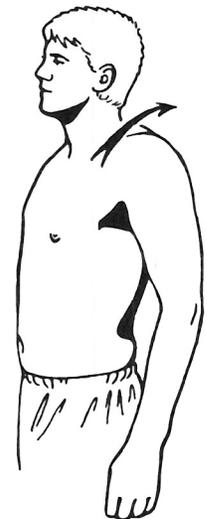
Bend head backward, and return to starting position. Hold 3 seconds. **DO NOT COMPLETE THIS EXERCISE IF YOU HAVE PAIN!**



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.

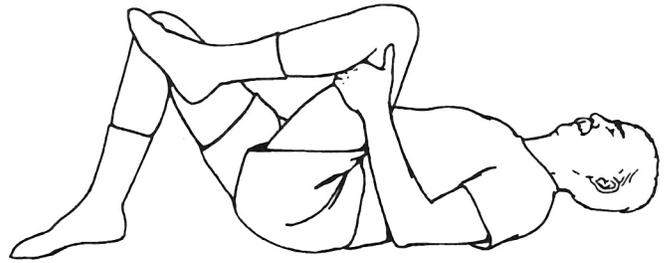
Leaning Forwards Deep Breathing

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.



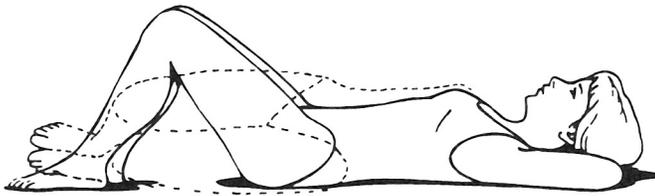
Repeat ___ times. Do ___ sessions per day/week.

Groin Node Stretching



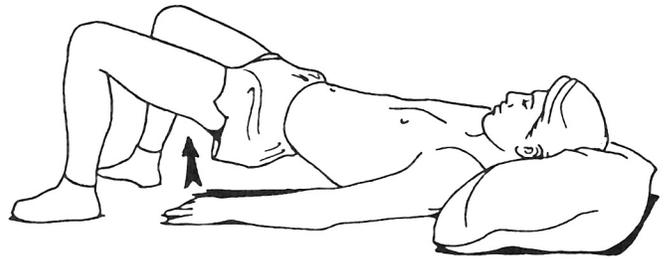
With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ___ seconds. Repeat with other knee. Repeat ___ times. Do ___ sessions per day/week.

Abdominal Stretch



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

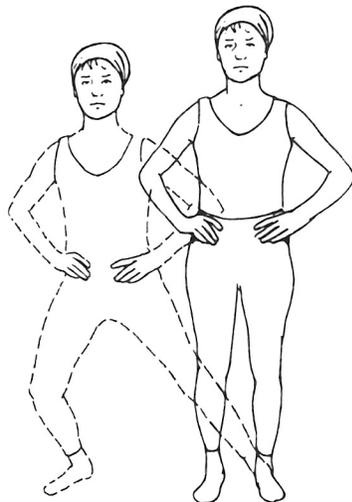
Bridging



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

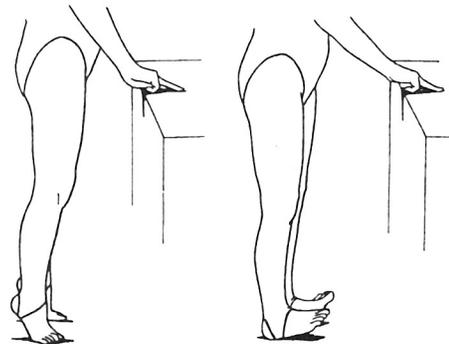
Sideways Lunge

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.

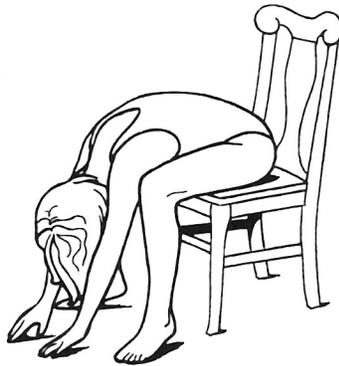
Toe to Heel Exercise



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.

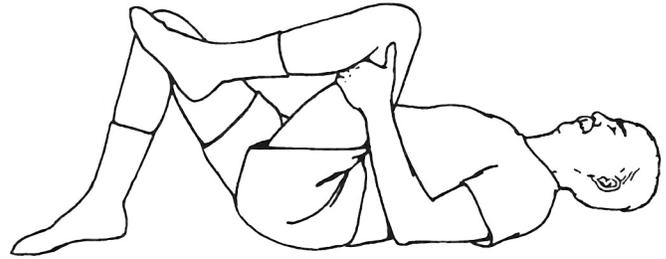
Repeat Leaning Forwards Deep Breathing

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

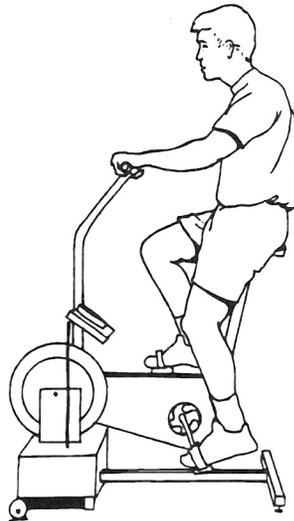


With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds. Repeat with other knee.

Repeat ____ times. Do ____ sessions per day/week.

Stationary Bike - Sitting

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



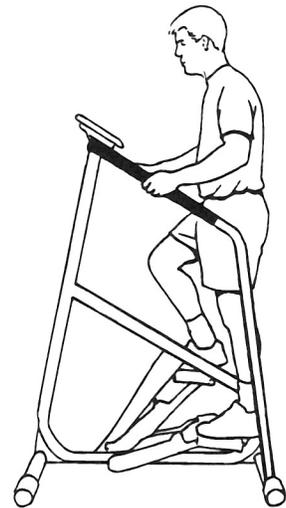
Do ____ minutes per day/week.
____ minimal resistance
____ moderate resistance

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.

