

Begin lymphedema water exercises with the following neck and shoulder movements:

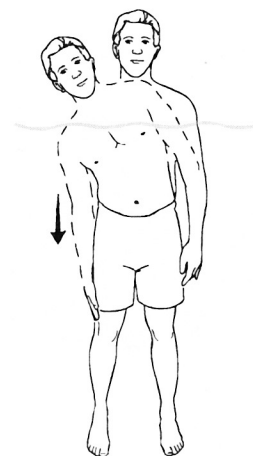
- 1- Look right, look left
- 2- Bend your head side to side
- 3- Look up and down
- 4- Shrug your shoulders up with a deep breath then down and exhale
- 5- Roll your shoulders forwards then backwards

Do these exercises slowly, avoiding any pain.  
Repeat each movement 5-10 times

Now move onto your other prescribed exercises!!!

Trunk - 12  
Side Bend

Stand with feet shoulder width apart, arms at sides. Bend to one side, reaching down toward knee with hand. Return to standing, bend to other side.



Repeat sequence \_\_\_\_ times per session.  
Do \_\_\_\_ sessions per week.

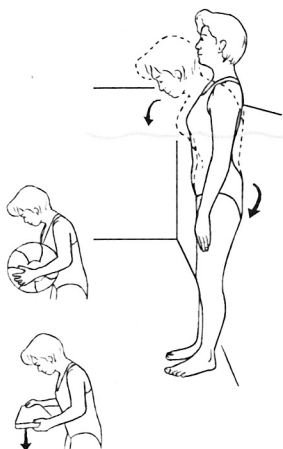
TRUNK - 9  
Standing Crunch

In standing, slowly curl forwards and exhale. Be sure to keep your head above water. Inhale as you stand back up.

Repeat \_\_\_\_ times per session.  
Do \_\_\_\_ sessions per week.

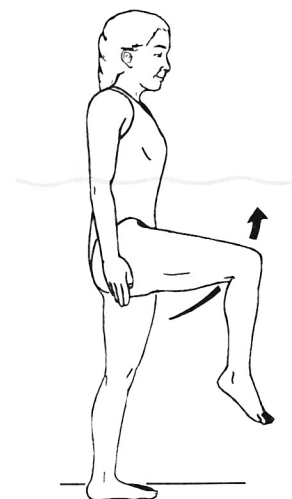
Variation:

- \_\_\_ Hold beach ball and bend trunk forward, squeezing.
- \_\_\_ Hold kickboard and bend trunk forward while pushing down.



LOWER BODY - 2  
Hip Flexion, Knee Bent

Lift right leg toward chest with knee bent. Repeat on opposite side.

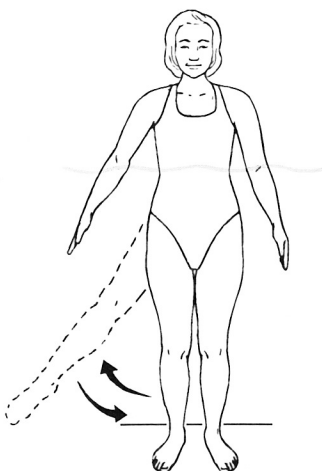


Repeat \_\_\_\_ times per session.  
Do \_\_\_\_ sessions per week.

LOWER BODY - 8  
Slow kick outs.

Lift right leg out to side. Keep knee straight and avoid leaning to the side. Pull leg down to start.

Repeat sequence \_\_\_\_ times per session.  
Do \_\_\_\_ sessions per week.



LOWER BODY - 7  
Forward then side slow kick outs.

Lift right leg forward to comfortable height, knee straight. Move same leg out to side, then back to midline. Repeat on opposite leg.

Repeat sequence \_\_\_\_ times per session.  
Do \_\_\_\_ sessions per week.

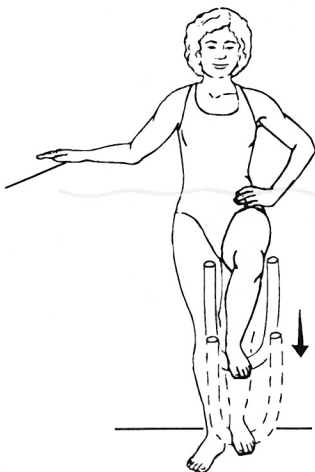


LOWER BODY - 13

Noodle kick downs.

Lift and bend left leg. Place pool noodle under foot. Push noodle down by straightening hip and knee. Repeat on other side.

Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per week.

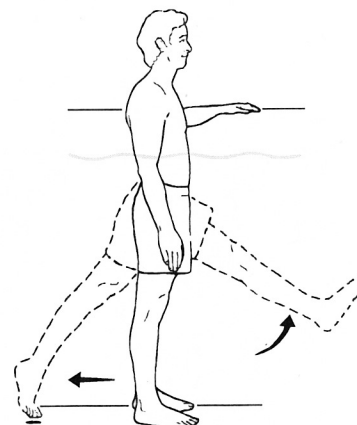


LOWER BODY - 14

Slow kicks forward and back.

Lift right leg forward as high as possible with your knee straight. Do not bend back with your trunk! Pull leg down and back, leading with heel. Keep your trunk upright! Repeat on other side.

Repeat sequence \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per week.

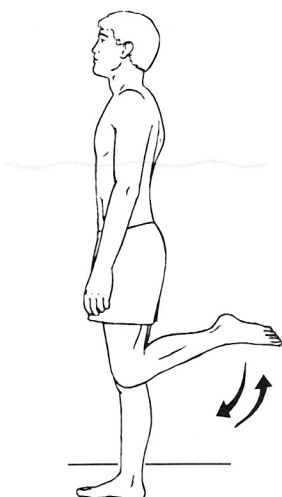


LOWER BODY - 15

Knee bends and straightens.

Lift left heel toward buttocks, keeping knee straight down from hip. Straighten knee, pushing foot down to start position. Repeat on other side.

Repeat sequence \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per week.

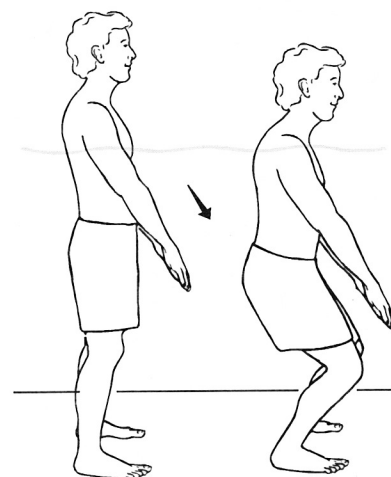


LOWER BODY - 17

Partial Squat

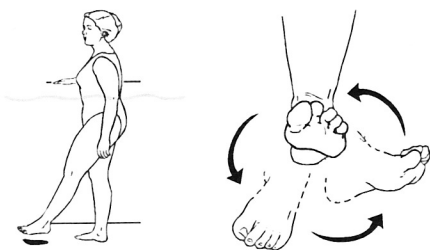
Bend both knees lowering body. Straighten knees and raise body.

Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per week.



LOWER BODY - 19

Ankle Circle



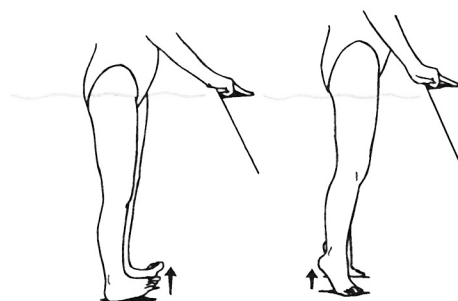
Raise left leg to comfortable height, knee straight. Circle foot in one direction with ankle movement only. Repeat on other side.

Repeat \_\_\_\_\_ times both directions per session.  
Do \_\_\_\_\_ sessions per week.

\_\_\_ Position: Standing

LOWER BODY - 24

Toe / Heel Raise



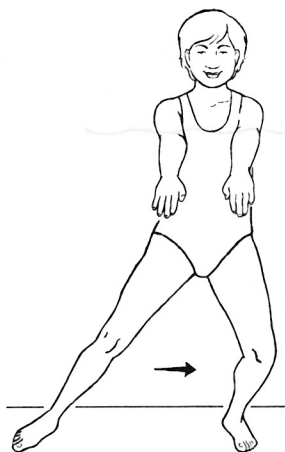
Gently rock back on heels and raise toes. Then rock forward on toes and raise heels.

Repeat sequence \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per week.

TOTAL BODY MOVEMENT - 2

Lunge to Side

Take large step to side moving arms and body with leg. Other leg remains straight. Return by straightening knee and ankle and bring foot to other. Repeat on other side.



Repeat \_\_\_\_\_ each side to complete a session.  
Do \_\_\_\_\_ sessions per week.

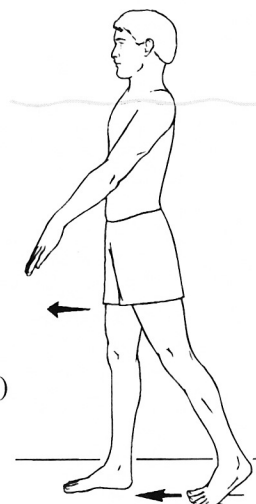
GAIT - 1

Forward Walk

Step forward with one leg. Strike pool bottom with heel. Rolling over foot, bring other leg forward.

Session:  
Walk \_\_\_\_\_ minutes.  
Do \_\_\_\_\_ sessions per week.

Arm movement:  
 Swing, elbows straight (UEP-1)  
 Swing, elbows bent (UEP-2)  
 Breaststroke (UEP-3)



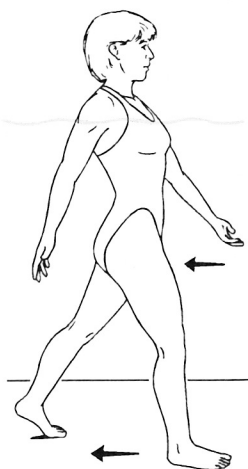
GAIT - 2

Backward Walk

Step backward with one leg. Strike pool bottom with front of foot. Rolling back onto foot, bring other leg backward.

Session:  
Walk \_\_\_\_\_ minutes.  
Do \_\_\_\_\_ sessions per week.

Arm movement:  
 Swing, elbows straight (UEP-1)  
 Reverse breaststroke (UEP-8)  
 Figure eight (UEP-6)



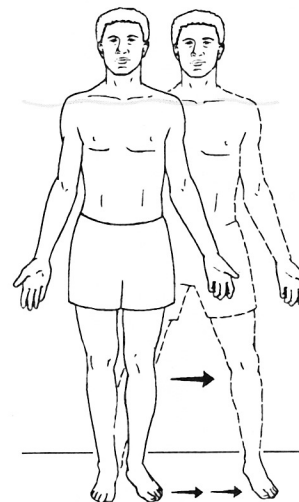
GAIT - 3

Side Step

Move one leg out to side with knee slightly bent, then bring other leg to it.

Session:  
Walk \_\_\_\_\_ minutes.  
Do \_\_\_\_\_ sessions per week.

Arm movement:  
 Figure eight (UEP-6)  
 Diagonal up, out (UEP-9)  
 Horizontal abduction/adduction (UEP-10)



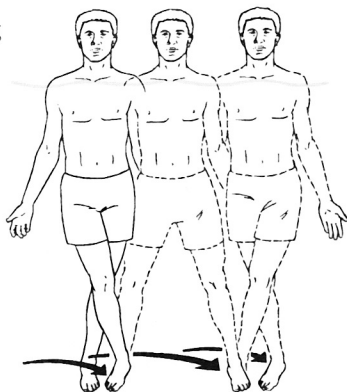
GAIT - 4

Grapevine Walk

Cross one leg in front, bring back leg out to side, then cross first leg behind the other and front leg out to side.

Session:  
Walk \_\_\_\_\_ minutes.  
Do \_\_\_\_\_ sessions per week.

Arm movement:  
 Out at chest level  
 Figure eight (UEP-6)  
 Up and over (UEP-7)



GAIT - 6

March

Lift knee toward chest to 90° bend, then lower leg as knee is straightened.

Session:  
March \_\_\_\_\_ minutes.  
Do \_\_\_\_\_ sessions per week.

Arm movement:  
 Swing, elbows straight (UEP-1)  
 Breaststroke (UEP-3)  
 Overhand crawl (UEP-4)

Move: Forward

