

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

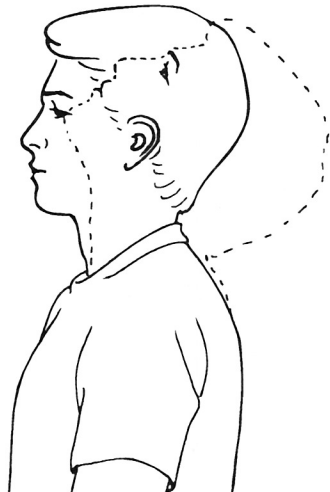
Bend head forward, and return to starting position. Hold 3 seconds.



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

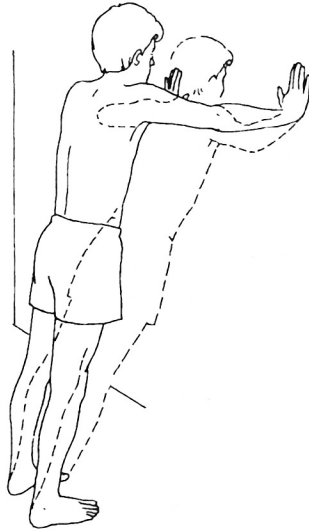
Shrug shoulders up as you inhale deeply. Lower your shoulders back down as you slowly exhale through pursed lips.



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

Wall Push-Ups

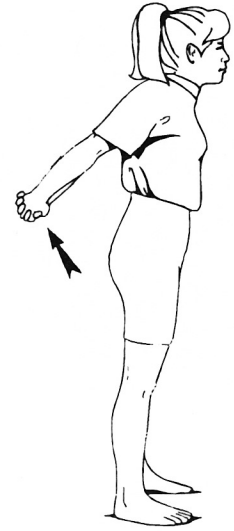
With arms slightly wider apart than shoulder width, and feet _____ inches from the wall, gently lean body toward wall.



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

Opening the Chest Stretch

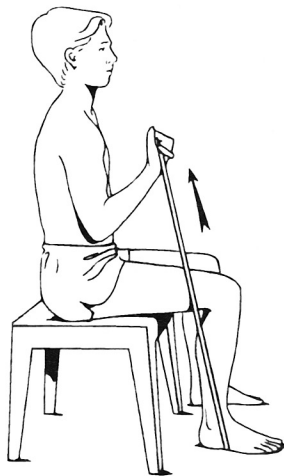
Lace fingers behind back and squeeze shoulder blades together. If possible, slowly raise and straighten arms. Inhale deeply then exhale slowly.



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

Elbow Bends With or Without Exercise Band

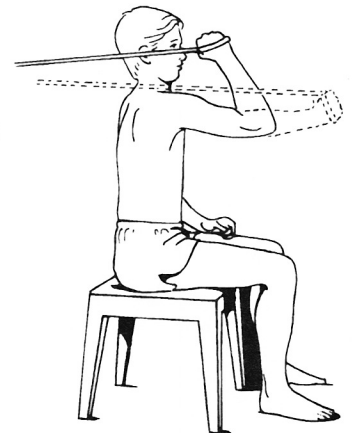
With/without tubing wrapped around fist and other end secured under foot, curl arm up as far as possible. Lower slowly.



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

Elbow Extension With or Without Tubing

With/without tubing wrapped around fist and other end secured in doorjamb, straighten elbow.

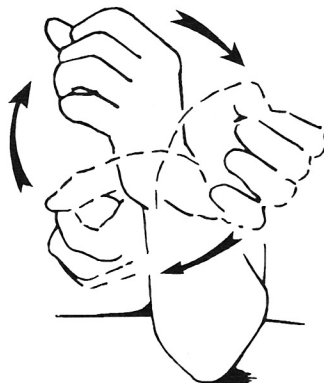


Repeat _____ times. Do _____ sessions per day/week.

Wrist Circles

With fingers curled, move slowly at wrist in clockwise circles _____ times.

Repeat counterclockwise.

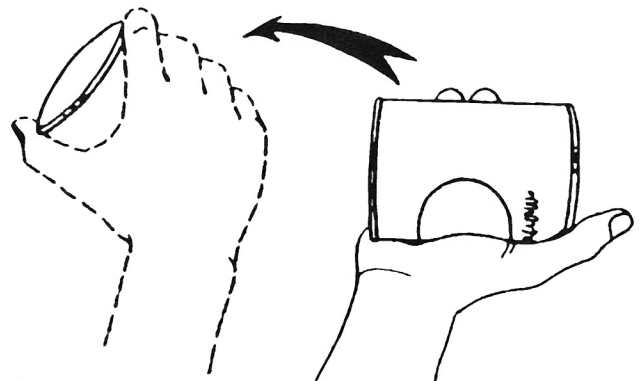


Do _____ sessions per day/week.

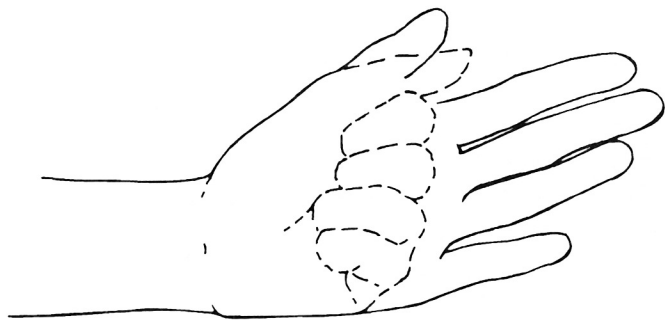
Palm Turns With or Without Weight

With/without a _____ lb object in hand, slowly turn palm up, then down.

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

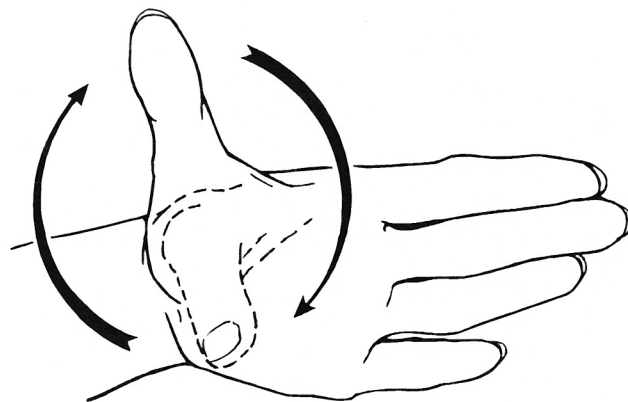


Make a Fist



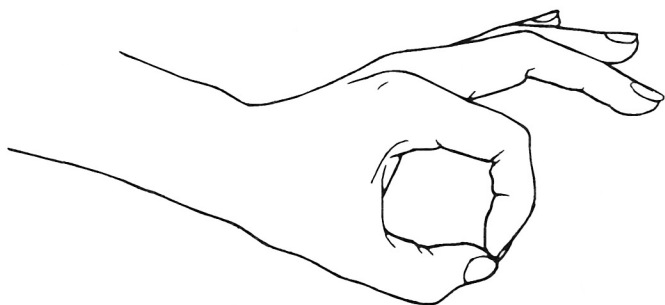
Straighten all fingers, then make a fist, bending all joints.
Repeat ___ times. Do ___ sessions per day/week.

Thumb Circles



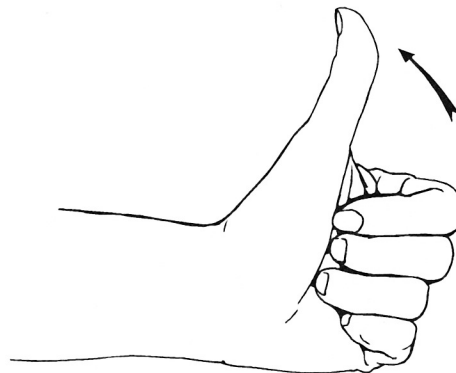
Make circles with thumb clockwise then counterclockwise.
Repeat ___ times. Do ___ sessions per day/week.

Finger Touches



Touch tip of thumb to nail tip of each finger in turn, making an "O" shape.
Repeat ___ times. Do ___ sessions per day/week.

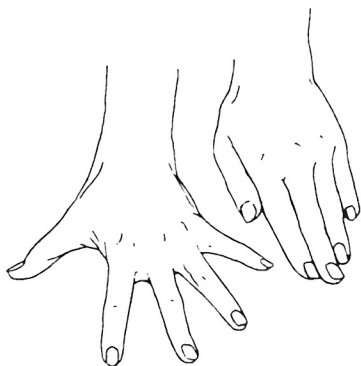
THUMB - 24 Composite Extension (Active)



Bring thumb up and out in hitchhiker position the return to against fingers. Hold ___ seconds.
Repeat ___ times. Do ___ sessions per day/week.

Spread the Hand

Spread all fingers apart, then bring them together as close as possible. Hold 3 seconds each direction.



Repeat ___ times.
Do ___ sessions per day.

Finger Lifts

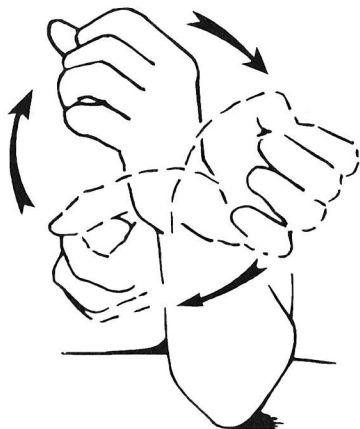


With palm on table or palms together, straighten fingers completely at large knuckles, one finger at a time, and lift fingers off table. Hold ___ seconds.
Repeat ___ times. Do ___ sessions per day/week.

Repeat Wrist Circles

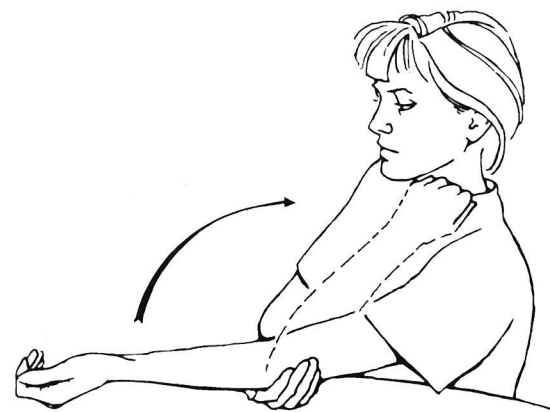
With fingers curled, move slowly at wrist in clockwise circles ____ times.

Repeat counterclockwise.



Do ____ sessions per day/week.

Repeat Elbow Bends

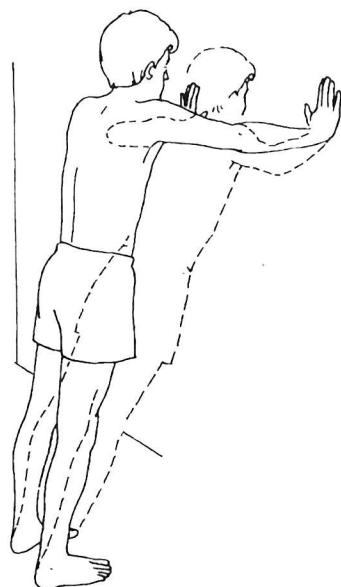


Bend as far as possible. Hold ____ seconds, then straighten arm(s).

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

Repeat Wall Push-Ups

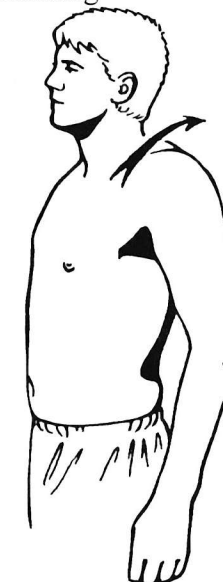
With arms slightly wider apart than shoulder width, and feet ____ inches from the wall, gently lean body toward wall.



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

Repeat 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.