

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

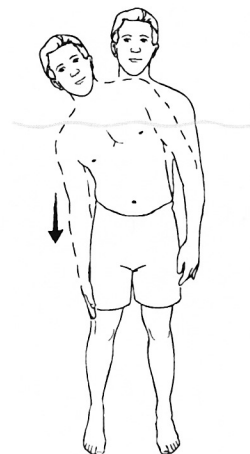
- 1- Look right, look left
- 2- Bend your head side to side
- 3- Look up and down
- 4- Shrug your shoulders up with a deep breath then down and exhale
- 5- Roll your shoulders forwards then backwards

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.

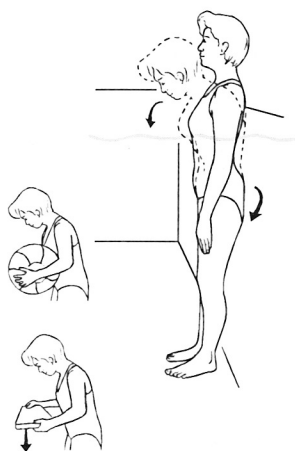
TRUNK - 9
Standing Crunch

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

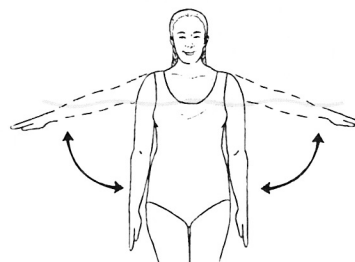
Repeat ____ times per session.
Do ____ sessions per week.

Variation:

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



UPPER BODY - 2
Shoulder Lateral Abduction / Adduction, Elbows Straight

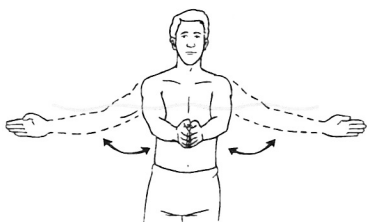


With arms at sides, thumbs forward, lift both arms out from sides to chest height. Then pull arms down to start position.

Repeat sequence ____ times per session.
Do ____ sessions per week.

- ___ Hand Variation: Palms forward
- ___ Position: Standing

UPPER BODY - 1
Shoulder Horizontal Abduction / Adduction, Elbows Straight



Hold arms forward at chest level, elbows straight, thumbs up. Move both arms apart, out from midline. Then move arms forward to start position.

Repeat sequence ____ times per session.
Do ____ sessions per week.

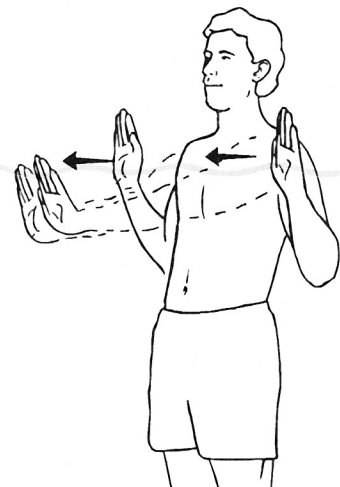
- ___ Hand Variation: Palms up
- ___ Position: Standing

UPPER BODY - 9
Shoulder / Elbow Forward Press

Hold hands up, palms forward, elbows bent. Straighten both elbows, pushing hands forward.

Repeat ____ times per session.
Do ____ sessions per week.

- ___ Position: Standing



UPPER BODY - 12
Shoulder (Scapula) Retraction

Roll your shoulders open, squeezing shoulder blades together.

Repeat _____ times per session.
Do _____ sessions per week.



___ Position: Standing

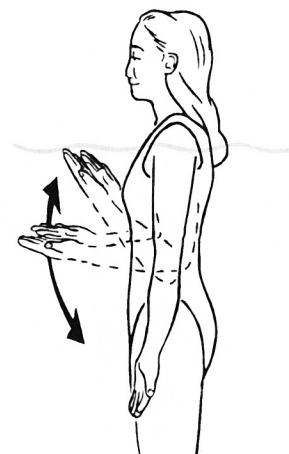
UPPER BODY - 18
Elbow Flexion / Extension

Hold arms at sides, palms forward. Bend both elbows, bringing hands toward shoulders. Then straighten to start position.

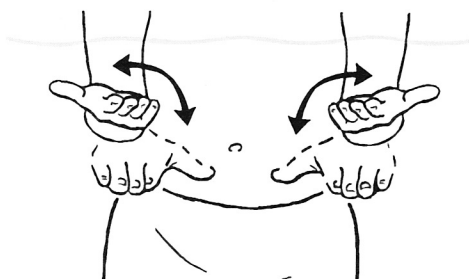
Repeat sequence _____ times per session.
Do _____ sessions per week.

___ Hand Variation: Palms backward

___ Position: Standing



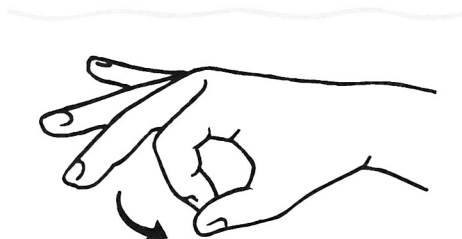
UPPER BODY - 19
Elbow / Wrist Supination / Pronation



Bend elbows to 90° and hold close to body. Turn both palms up. Then turn palms down. Keep wrist straight.

Repeat sequence _____ times per session.
Do _____ sessions per week.

UPPER BODY - 24
Thumb to Fingertips

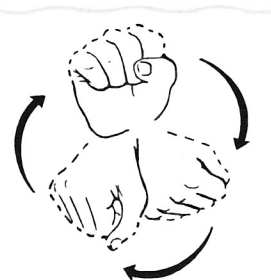


Touch tip of both thumb to tips of each finger of same hand, making an "O" shape. Open hand between each finger touch.

Repeat sequence _____ times per session.
Do _____ sessions per week.

___ Hand Variation: Palm up

UPPER BODY - 21
Wrist Circles



Moving at wrist only, circle both hands clockwise, then counterclockwise, with palm closed.

Repeat _____ times each direction per session.
Do _____ sessions per week.

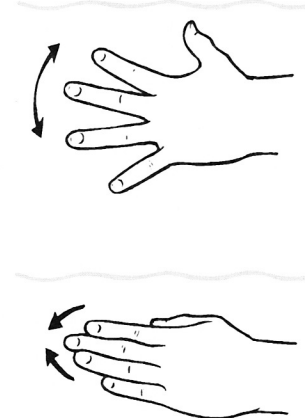
___ Hand Variation: Palm open

UPPER BODY - 25
Finger Abduction / Adduction

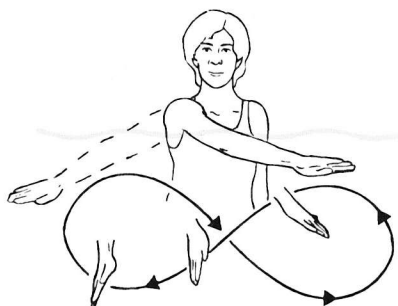
Spread fingers of both hand. Then bring together. Keep fingers straight.

Repeat sequence _____ times per session.
Do _____ sessions per week.

___ Hand Variation: Palm up

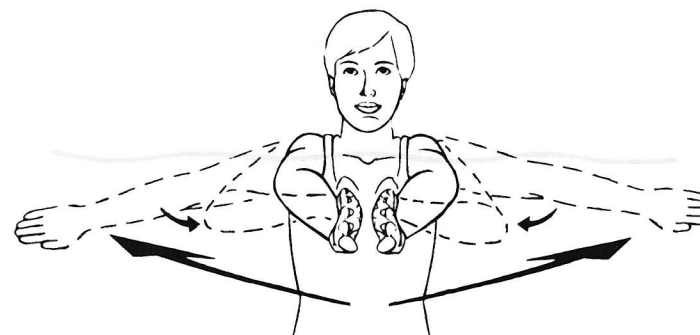


UPPER EXTREMITY PATTERN - 6
Figure Eight



- A. Move right arm, elbow straight, in a Figure 8 pattern in front of body.
 - B. Arms forward, elbows straight, move arms in opposite directions in a Figure 8 pattern.
- ___ Hand Variation: Palms up

UPPER EXTREMITY PATTERN - 3
Breaststroke while walking

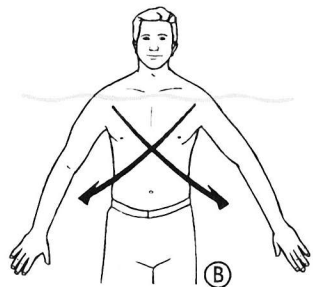


Do the breaststroke while you walk slowly across the pool. Repeat for ___ laps.

DIAGONAL PATTERN - 6
Bear Hug Diagonals

Stand, arms at sides.

- A. Flexion: Move both arms up and across body.
- B. Extension: Move both arms down, across body and out from sides, straightening elbows.



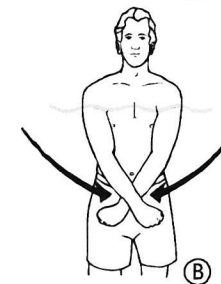
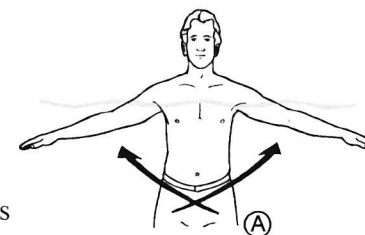
Repeat ___ times per session.
Do ___ sessions per week.

___ Variation: Sitting

DIAGONAL PATTERN - 4
Crisss Cross Diagonal

Stand, arms at sides.

- A. Flexion: Move both arms up and out from sides, keeping arms underwater.
- B. Extension: Move both arms down and across body.



Repeat ___ times per session. Do ___ sessions per week.

___ Variation: Sitting