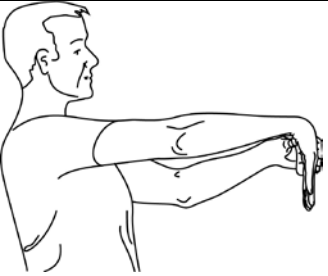
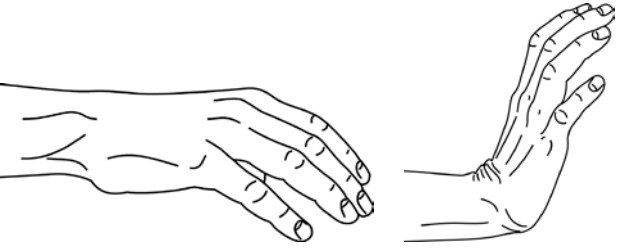
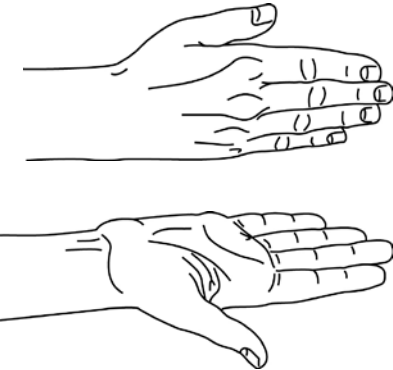
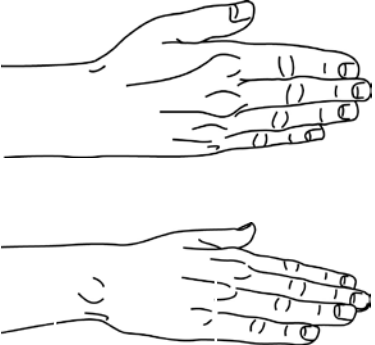


Exercises for lymphedema – upper body – for men

Try to do these exercises throughout your day as you do your daily activities.

1 	<ol style="list-style-type: none">1. Hold you wrist as shown.2. Bend the wrist until you feel a stretch.3. Hold 10 seconds.4. 10 repetitions, 3 to 4 times per day.
<ol style="list-style-type: none">1. Bend your wrist as shown.2. Hold 10 seconds.3. 10 repetitions, 3 to 4 times per day.	 2
3 	<ol style="list-style-type: none">1. Begin with thumb facing up.2. Turn palm upward.3. Hold 10 seconds.4. 10 repetitions, 3 to 4 times per day.
<ol style="list-style-type: none">1. Begin with thumb facing up.2. Turn palm downward.3. Hold 10 seconds.4. 10 repetitions, 3 to 4 times per day.	 4

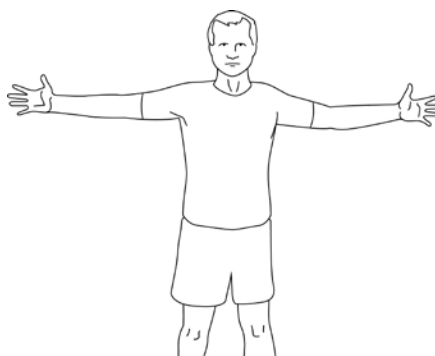
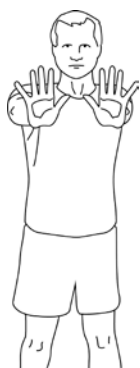
Exercises for lymphedema – upper body – for men

1. Hold your hands together as shown.
2. Bend the wrist until you feel a stretch.
3. Hold 10 seconds.
4. 10 repetitions, 3 to 4 times per day.



5

6



1. Open hands and fingers fully.
2. Close hands and fingers fully.
3. Repeat with arms in various positions as shown.
4. 10 repetitions, 3 to 4 times per day.

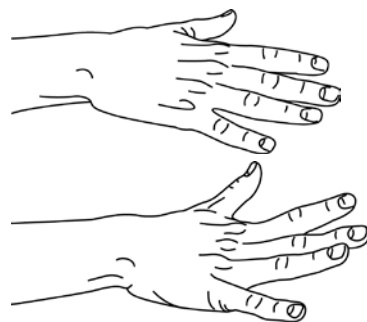
1. Open hands and fingers fully.
2. Close hands and fingers fully.
3. 10 repetitions, 3 to 4 times per day.



7

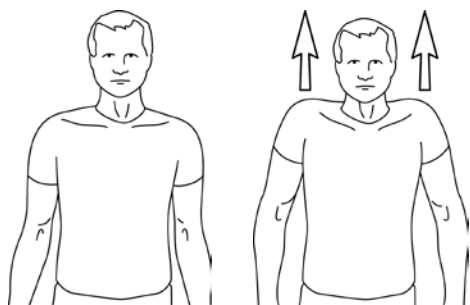
Exercises for lymphedema – upper body – for men

1. Begin with palm of hand flat on table.
2. Keep palm on table, but lift fingers up off table.
3. Hold 10 seconds.
4. 10 repetitions, 3 to 4 times per day.



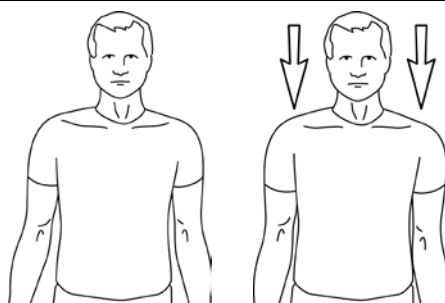
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9



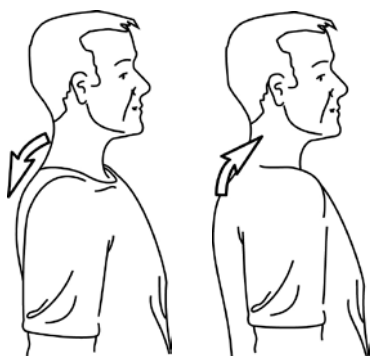
1. Begin with shoulders relaxed.
2. Pinch shoulders upward towards ears.
3. Hold 10 seconds.
4. 10 repetitions, 3 to 4 times per day.

1. Sit or stand as shown.
2. Try to press your shoulders downward as far as you can. This is a small movement.
3. Hold 10 seconds.
4. 10 repetitions, 3 to 4 times per day.



10

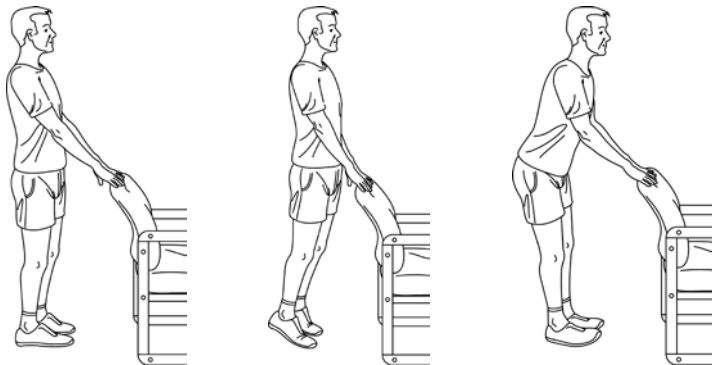
11



1. Begin with shoulders relaxed.
2. Slowly rotate shoulders backward.
3. Repeat rotating shoulders forward.
4. 10 repetitions, 3 to 4 times per day.

please turn over →

12



1. Stand with feet 12 inches apart.
2. Raise up slowly onto your toes as high as you can.
3. Hold 10 seconds.
4. 10 repetitions, 3 to 4 times per day.
5. Rock back on your heels.

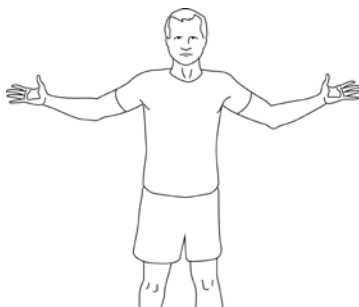
To practice deep breathing:

1. Place hands over belly button.
2. Suck in belly button to spine.



13

14



Deep breathing:

1. As you take a deep breath in, move your arms out from your chest.
2. Hold breath for 10 seconds.
3. As you exhale your breath, move your arms into your chest.
4. 10 repetitions, 3 to 4 times per day.