

Information for patients and families

Exercises for Lymphedema - Upper Body - For Women

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



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

1. Bend your wrist as shown.
2. Hold 10 seconds.
3. 10 repetitions,
3 - 4 times per day.



1. Begin with thumb facing up.
2. Turn palm upward.
3. Hold 10 seconds.
4. 10 repetitions, 3 - 4 times per day.

1. Begin with thumb facing up.
2. Turn palm downward.
3. Hold 10 seconds.
4. 10 repetitions, 3 - 4 times per day.



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



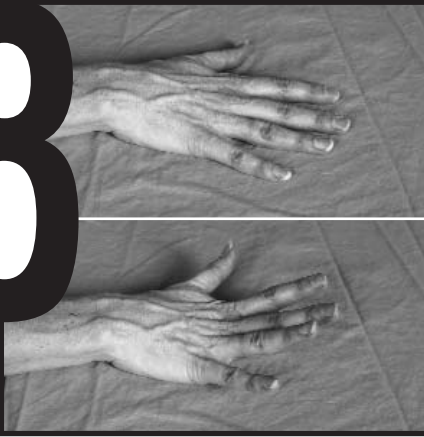
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1. Open hand and fingers fully.
2. Close hand and fingers fully.
3. Repeat with arms in various positions as shown.
4. 10 repetitions, 3 - 4 times per day.



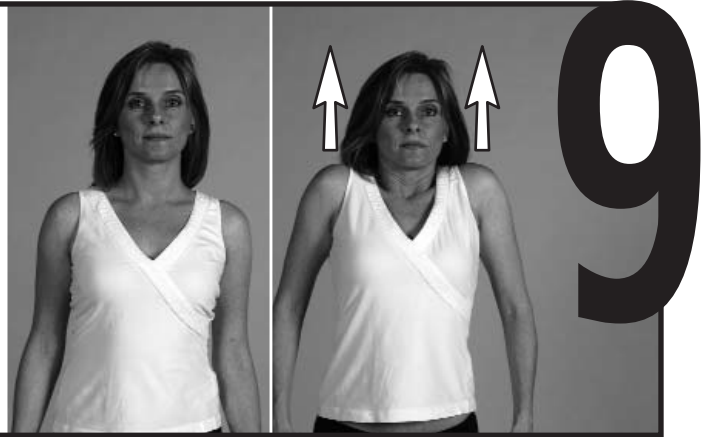
1. Open hand and fingers fully.
2. Close hands and fingers fully.
3. 10 repetitions, 3 - 4 times per day.

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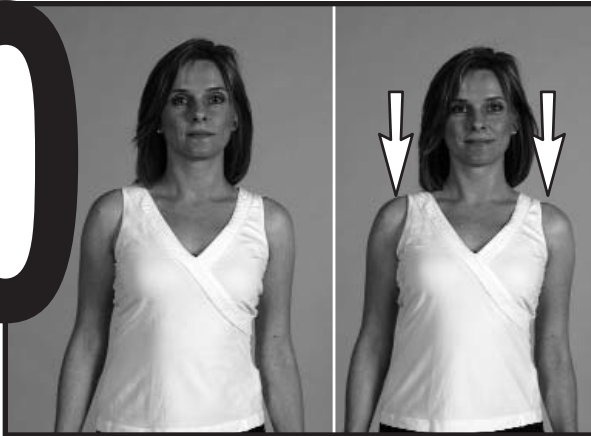
1. Begin with palm of hand flat on table.
2. Keep palm on table, but lift fingers up off table.
3. Hold 10 seconds.
4. 10 repetitions, 3 - 4 times per day.

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



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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 - 4 times per day.

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



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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 - 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.

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Deep Breathing:

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

