

Doing exercises with a PICC

PICC is a Peripherally Inserted Central Catheter. The PICC is a long thin tube that may stay in your arm for weeks or months.

You may want to do regular exercises while you have a PICC. The PICC is secured in place, but you need to be careful with the type of exercises you do to prevent problems. These problems include:

- PICC moving out of where it is placed
- irritation where the PICC goes into your arm
- blood clot
- blocked PICC

Follow the advice from your doctor or physiotherapist about doing general exercise such as walking and biking. This handout describes exercises for your arm and shoulder with the PICC.

Moving your arm with the PICC

Where the PICC was put into your arm needs time to heal. We want you to move your arm so it does not get stiff. For a few days, gently do your usual activities such as brushing your teeth, eating and getting dressed. Move as you feel comfortable.

It is important not to overuse your arm. To keep your PICC working well, there are some things you should not do. These include:



- Do not lift heavy objects with the PICC arm such as a 10 pound sack of potatoes, a child or pot of water.
- Do not swim.
- Do not play contact sports.
- Do not do repetitive motions such as shovelling snow, vacuuming, raking and golfing.

Gentle shoulder and arm exercises

Your PICC may be above, below or in the crease of the elbow. The exercises you can do, depends on where your PICC is located. Please keep in mind that when doing any of these exercises they should be done slowly and with smooth movement.

It is okay to move your chest while doing these exercises.

Do these every day ...

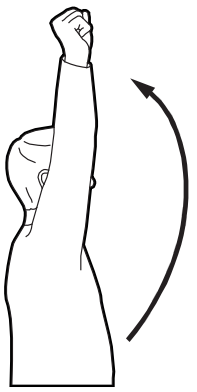
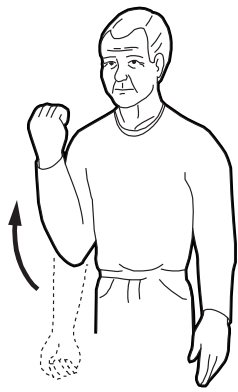

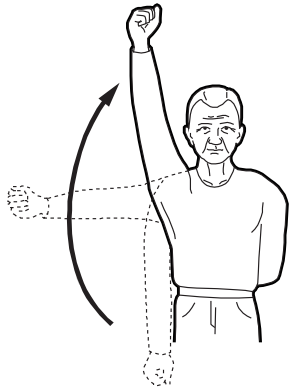
You can do these exercises with a weight up to 10 pounds. Start with a lower weight and do 10 to 12 times. Do this 2 times.

If it is easy you can make the weight heavier. Do not increase how many you do. Do not increase the weight over 10 pounds.

PICC above the elbow



Exercises – Do each exercise 10 to 12 times. Rest. Then do again 2 times.

 <p>Move arm up, then move back down. Lead with your thumb.</p> <p>Shoulder</p>	 <p>Hand down, flex elbow to bring hand up, then back down.</p> <p>Elbow</p>
 <p>Move in and out from centre of chest.</p> <p>Shoulder</p>	 <p>Hand starts down, then out from shoulder, then up. Lead with thumb. Bring hand back down. Lead with your thumb.</p> <p>Shoulder</p>

PICC below or in the crease of an elbow



Exercises

Shoulder	Shoulder	Shoulder
<p>Move arm up, then move back down. Lead with your thumb.</p>	<p>Move in and out from centre of chest.</p>	<p>Hand starts down, then out from shoulder, then up. Lead with thumb. Bring hand back down. Lead with your thumb.</p>



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