

GUIDELINES FOR LYMPHEDEMA EXERCISES

Exercise only while the affected limb is wrapped or while wearing your Lymphedema garment.

Do not wear tight or restricting clothing (e.g. Bra straps, heavy breast prostheses, tight undergarments, etc.)

Increase length of exercise session slowly over a comfortable period of time. Try to do the exercises a minimum of one time a day for 15 to 20 minutes.

Perform each exercise in a slow and controlled manner. After a muscle contraction, be sure to relax completely before beginning again. The time spent relaxing should be at least as long as the time spent working the muscle.

Begin and end each session with diaphragmatic breathing exercises.

After the exercise session, it is recommended to rest with the affected limb elevated for 15 to 30 minutes.

DO NOT PERFORM ANY VIOLENT OR STRENUOUS MOVEMENTS.

DO NOT PERFORM ANY MOVEMENTS THAT CAUSE PAIN.