

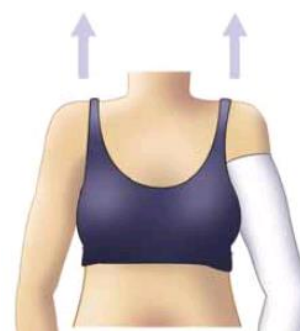
# Patient information

## Upper limb exercise

### Shoulder Shrugs

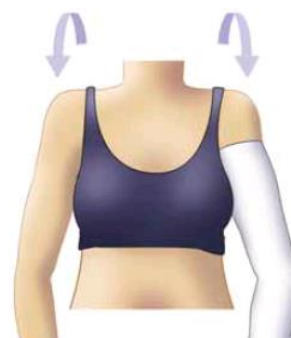
Shrug your shoulders up to your ears and then push them down again.

*Repeat up to 10 times.*



### Shoulder circles

- Circle your shoulders backwards 5 - 10 times
- Circle your shoulders forwards 5 - 10 times.



### Shoulder abduction

Sitting or standing, lift your affected arm up to the side, as far as you can and then relax it back down again.

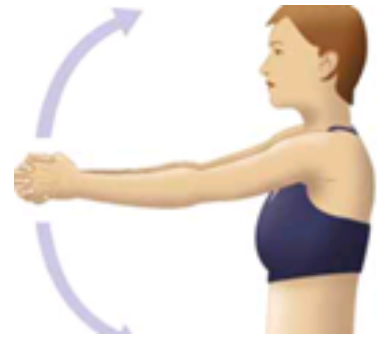
*Repeat up to 10 times.*



## Shoulder flexion

Sitting or standing, clasp your hands together. Lift your arms straight up in front of you as far as is comfortable. Relax back down to the starting position.

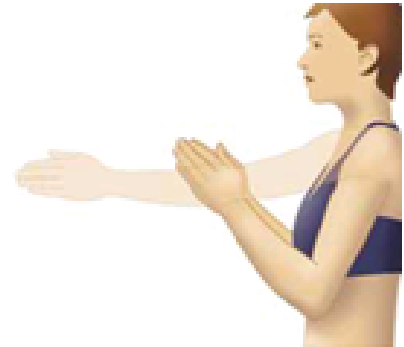
*Repeat up to 10 times.*



## Breaststroke

Place your hands in a prayer position. Push the hands forwards extending the arms. Separate the hands, drawing the elbows back. Return the hands to the prayer position.

*Repeat up to 10 times.*



## Boxing

Lift your arms up in front of your chest. Slowly punch alternate arms out in front of you.

*Repeat up to 10 times on each arm.*



## Elbow bends

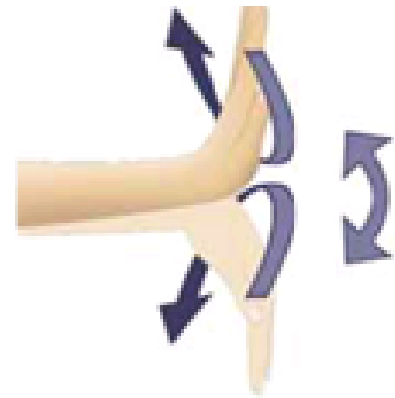
Standing or sitting with the arm straight, bend your elbow and straighten again.

*Repeat up to 10 times.*



## Wrist bends/circles

Bend the wrist forwards and down so your finger-tips point to the floor. Raise the wrist up so your finger-tips point to the ceiling.

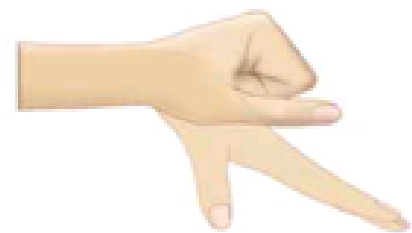


Rotate the wrist clockwise and anti-clockwise.

*Repeat up to 10 times on each hand.*

## Making a fist

Make a fist with your affected hand, slowly straighten your fingers.



*Repeat up to 10 times.*

## Breathing exercises

Complete these as per your simple lymphatic regime

## Why exercise is important

Having Lymphoedema doesn't mean that you shouldn't or won't be able to exercise any more.

In fact, keeping physically active has many benefits. It stimulates the flow of lymph fluid and reduces swelling. It also helps keep your joints flexible, strengthens your muscles and improves your posture.

It's important to start slowly and gradually build up what you do.

This leaflet will guide you through some simple exercise to aid your self-management and reduce oedema and limb volume.

Please ask your Lymphoedema Nurse or therapist if you are unsure of any of the exercises shown in this leaflet.

**Go slow, start low and listen to your limb!**

## **Useful information and websites**

### **Lymphoedema Support Network (LSN)**

St Luke's Crypt, Sydney Street, London, SW3 6NH.

Telephone 020 7351 4480 (information and support)

Telephone 020 7351 0990 (administration)

e-mail: [adminlsn@lyphoedema.freemove.co.uk](mailto:adminlsn@lyphoedema.freemove.co.uk)

Website: [www.lymphoedema.org](http://www.lymphoedema.org)

### **British Lymphoedema Society (BLS)**

The Garth House, Rushey Lock, Tadpole Bridge, Buckland Marsh, Nr Farringdon, Oxfordshire, SN7 8RF

Telephone 01452 790178

Email: [info@thebls.com](mailto:info@thebls.com)

or visit BLS website

### **Macmillan Cancer Support**

Telephone 0808 808 00 00

Monday to Friday 9.00am – 8.00pm

Or visit their website [www.macmillan.org.uk](http://www.macmillan.org.uk)

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*

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