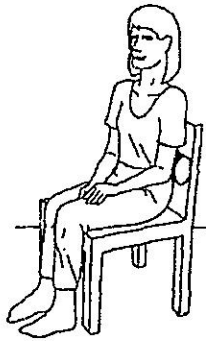


Lymphatic Decongestive Exercises

These exercises are meant to be done slowly and pain-free. These exercises focus on areas of the body where we have clusters of lymph nodes.



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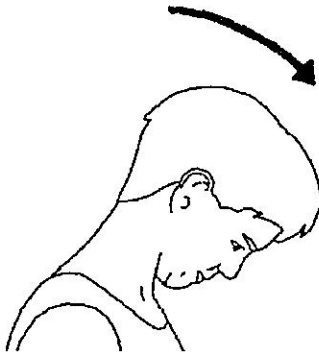
Belly Breathing

Sit on a chair with good back support.

Inhale deeply through your nose, letting your stomach balloon out. Exhale slowly through your mouth, pulling your stomach in.

This deep breathing exercise works the diaphragm and stimulates the flow of lymph in the abdomen.

Repeat 5 times.



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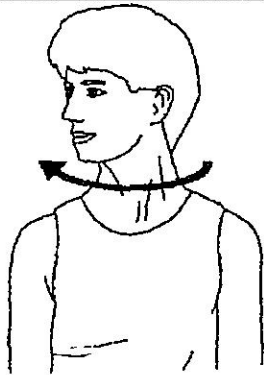
Neck Bends

Sit with good posture.

Bend your head forward until you feel a stretch behind your neck.

Hold for 3 seconds

Repeat 5 times.



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Neck Turns

Sit with good posture.

Turn your head slowly to one side, looking over your shoulder, until you feel a stretch. Hold for 3 seconds.

Slowly come back to the middle. Check to make sure your shoulders are relaxed and your chin is tucked in.

Turn to the other side.

Repeat 5 times for each side.



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Neck Side Bends

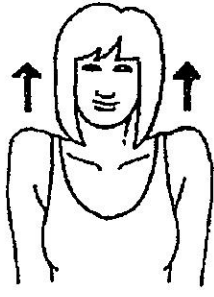
Sit with good posture.

Slowly tilt your head toward one shoulder until you feel a stretch on the opposite side of the neck. Hold for 3 seconds.

Slowly bring your head upright again.

Tilt to the other side.

Repeat 5 times for each side.



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Shoulder Lifts

Breathe in as you lift both your shoulders up to your ears.

Breathe out and slowly lower your shoulders and relax.

Repeat 5 times.



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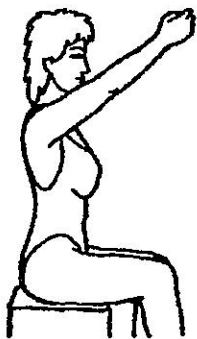
Shoulder Rolls

Roll your shoulders in a circular motion backwards.

Repeat 5 times.

Rolls your shoulders forwards.

Repeat 5 times.



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Reach,
Grab,
Twist,
Pull

Picking Apples

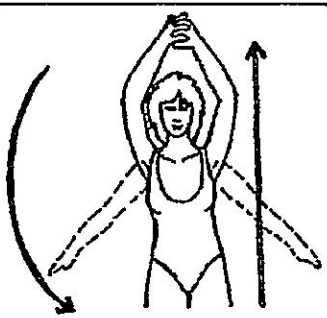
REACH out in front of you with one hand, palm down. Make a fist, pretending to **GRAB** something.

TWIST your fist over and **PULL** it back towards you.

Repeat with the other arm.

Repeat movements gradually reaching higher and higher. Switch between arms, trying to reach overhead and then down.

Repeat the sequence 5 times.



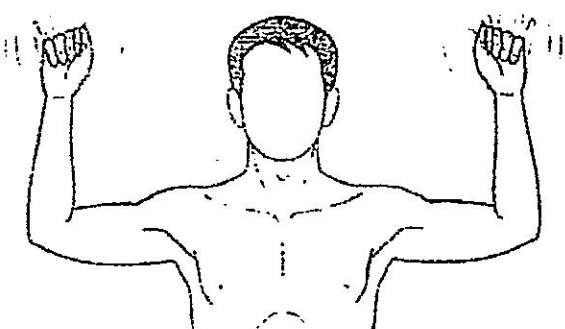
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Breaststroke

Sit with your back straight and feet firmly on the floor.

Do "breast stroke" swimming move with both arms.

Repeat 5 times.

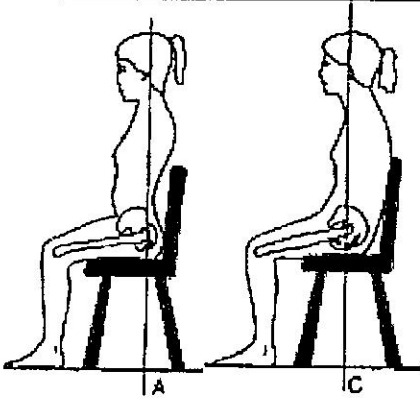


Hand Pumps Overhead

Raise your arms above your head with your shoulders relaxed.

Open and close your fingers quickly 10 times.

Repeat 5 times.

**Pelvic Tilts**

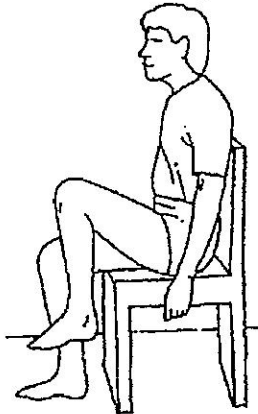
Sit in a chair.

Arch your back as much as you can (stick out your bottom).

Then flatten your back (tuck your tail or slouch).

Stay tall through your torso throughout.

Repeat 5 times.

**Sitting March**

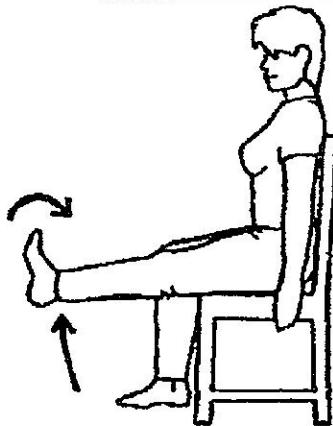
"March" while sitting on a chair.

Lift your leg up off the seat while keeping the knee bent.

Repeat on both sides.

Repeat 5 times.

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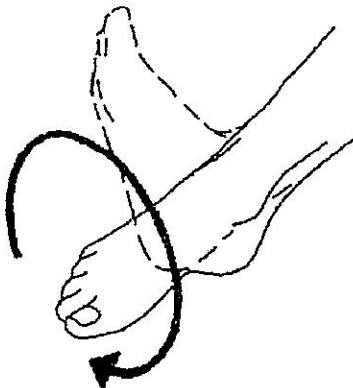
**Leg extensions**

Sit on a chair.

Straighten your knee and bring your toes towards you. Repeat with other leg.

Repeat 5 times.

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**Ankle Circles**

Sit on a chair.

Straighten your knee and make 5 circles with your foot in each direction. Do the same with the other leg.

Repeat each sequence 3 times.

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