

## **Lymphedema Resistance Exercise**

### **General instructions:**

- **Consult your health care provider before starting any exercise**
- **Wear your compression sleeves during exercise**
- **Exercise Program:**
  - ✓ Wear comfortable clothes during exercises
  - ✓ Start exercise with no to light resistance band (i.e. yellow band) and progress slowly
  - ✓ Perform exercises in the same order
  - ✓ Perform exercises movement in a slow and controlled manner
  - ✓ Inhale for 2 seconds and exhale for 4 seconds throughout each exercise.
  - ✓ For each exercise perform 2 sets of 10 repetitions 3-4 days/week

## Upper Limb Lymphedema\*

### • Diaphragmatic Breathing

1. Sit comfortably, with your back straight and your shoulders back.
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out against your hand.
4. Breathe out slowly and completely through pursed lips.
5. Repeat 10 times



### • Shoulder Retraction

1. Sit up nice and tall in your chair with your back away from the backrest.
2. Wrap the band behind your back and bring it up under your armpits.
3. Grasp the band so your hands sit at chest level.
4. Activate your core.
5. Use your chest muscles to push your hands forward against the resistance of the band, straightening your arms until your elbows are almost straight.
6. Do not go so far that your upper back rounds.
7. Pause, slowly return to the start position, and repeat.



### • Shoulder Press

1. Stand with a band under your feet and hold the ends in your hands.
2. Keeping the shoulder blades together, raise both arms up at a 45 degree angle from your body.
3. Slowly lower back down and repeat.



### • Triceps Pull Back

1. Tie an elastic in front of you at waist height.
2. Hold the elastic with your hand (thumb facing up and elbow bent).
3. Straighten your elbow so your arm comes down to your side.
4. Return to the starting position and repeat.



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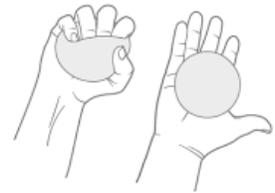
- **Wrist Extension**

1. Place an elastic under your foot.
2. Place your forearm on a table with your hand off the edge of the table.
3. Hold the elastic in your hand with your palm facing down and bend your wrist upward keeping your forearm still.
4. Return and repeat.



- **Ball squeezing**

1. Hold a soft ball in the palm of your hand with your palm facing up
2. Your right elbow should be bent at 90 degrees and tucked in by your side
3. Slowly squeeze the ball with your fingers and hand as if you're trying to make the ball more compact while you exhale
4. Hold for 5 seconds
5. Release your grip with the same controlled movement while you inhale
6. Repeat the movement for both hands



- **Wrist Flexion**

1. Place an elastic under your foot or other heavy object.
2. Hold the elastic in your hand with your palm facing up and place your forearm on a table with the hand off the edge of the table.
3. Flex the wrist upward without moving the forearm.
4. Return to the starting position.



- **Biceps Curl:**

1. Sit on a chair and step on an elastic.
2. Grab the other end with your palm facing down (pronation) and arm straight.
3. Flex your elbow, pulling the elastic.
4. Slowly lower your hand and repeat.



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- **Shoulder Press**

1. Stand with a band under your feet and hold the ends in your hands.
2. Keeping the shoulder blades together, raise both arms up at a 45 degree angle from your body.
3. Slowly lower back down and repeat.



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## Lower Limb Lymphedema\*

- **Diaphragmatic Breathing**

6. Sit comfortably, with your back straight and your shoulders back.
7. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
8. Breathe in slowly through your nose so that your stomach moves out against your hand.
9. Breathe out slowly and completely through pursed lips.
10. Repeat 10 times



- **Bodyweight Squat**

1. Stand tall and place your hands on your hips and your feet hip width.
2. Initiate the squat by pushing your hips back, as if you were sitting on a chair.
3. Continue the movement by bending the knees, keeping them directly over the feet.
4. Lower yourself until the thighs are about parallel to the ground or to the point where you begin to lose the neutral spine by rounding your lower back.
5. Lift back up and repeat.
6. Make sure to keep the spine neutral and knees aligned with the feet at all times



**Alternative exercise:**

1. Stand with the ball against your lower back and against the wall/ your body leaning against the wall.
3. Move your feet forward to get your legs at 45 degrees from the wall.
4. Place an elastic around your knees.
5. Slowly bend your knees to 90 degrees without allowing your knees to go further than your ankle.
6. Return to the initial position and repeat.
7. Always keep your back straight (slightly arched) and your knee cap aligned with your second toe by pushing your knees outwards against the elastic.



- **Hip abduction:**

1. Attach a mini band around both ankle.
2. Keeping your knee straight, raise the leg out without turning your foot out.
3. Return to the start position and keep your hips levelled and pelvis solid.



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4. You can use a support for balance.

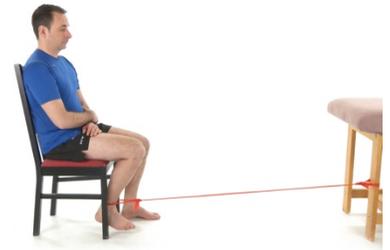
• **Knee flexion:**

1. Stand with your back straight and your feet at hip width.
2. Tie an elastic around your ankles.
3. Transfer your weight to your unaffected leg and bend the other knee to bring the foot towards your buttock without arching the lower back or move the knee forward.
4. Lower your foot slowly and repeat.



**OR:**

1. Sit tall in a chair and tie one end of an elastic to the ankle of the affected leg and the other end to a solid object in front of you.
2. Bend your knee and pull the elastic under the chair without moving your thigh.
3. Return to the initial position and repeat.



• **Ankle plantarflexion:**

1. Sit up straight in a chair.
2. Place an elastic around the ball of your foot and hold the ends of the elastic in your hands.
3. Push your forefoot down against the elastic.
4. Return to the initial position and repeat.
5. Do not push your knee down as if to straighten it. The movement should occur at the ankle only.



**Knee Extension:**

1. Sit on the edge of a table, bed or chair and tie one end of a band around your ankle and the other end around the leg of the table.
2. You want to tie the band so there is no slack (or minor slack) at the beginning of the movement.
3. Extend your knee against the resistance of the band.



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