



General EXERCISE GUIDE for LYMPHEDEMA THRIVERS - Upper Extremity

KloseTraining.com - may be able to give you a list of certified therapists that you can find in your area who provide Strength after Breast Cancer: Strength ABC Program. There are several online .exercise programs. I teach this program as it has been well researched, safe, with measurable results, developed at Penn State University by an MD and her team

The Lymph System is most directly influenced by movement of the skin, arterial pulsation, muscular contraction, and correct diaphragmatic breathing! !

- 1. Exercise 20-30 minutes with a 10-minute break. Then, repeat. This cools the body down, allows resorption of lymph fluid and decreases the risk of increased swelling.**
- 2. Pool Exercise is best. Swimming is giving yourself a Lymphatic Drainage Treatment. The hydrostatic pressure of the water against the skin, movement of the muscles and arterial system move the lymph, Yeah!!!**
- 3. Weightlifting Precautions**
 - a. When your arm feels tired, heavy, achy, and full you need to LISTEN and stop the activity you are doing. It is recommended to lift no more than 10-12#, it changes through the years, anywhere from 2# to 25# in research. Listen to your body!**
 - b. Arm Curls, do not flex past 90 degrees, a right angle (especially if you are wearing a sleeve). If you do this consistently it can create a tourniquet effect and build up fluid into the lower forearm and hand. I have seen it.**
 - c. Driving- Observe the 90 degree rule while driving, you may want to relax your arms, have a loose grip with your hands at the bottom of the wheel in a comfortable position with a pillow on your lap. Pay attention if you are gripping high on the wheel and having a tourniquet effect with a underwire bra cutting off circulation with a gripping forward position on the steering wheel.**

**BREATH and EXERCISE
TO LIFE AND A HEALTHY LYMPH SYSTEM !!!**

