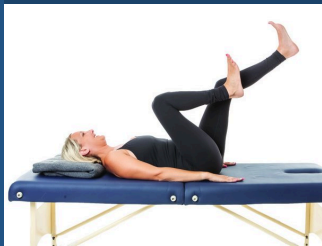


LOWER BODY

Complete the upper body sequence before you begin the lower body exercises.



1. Bicycles

On your back, bend the knees to ninety degrees so the shins sit parallel to the floor. Keep the pelvis neutral and the upper body soft. Lift the legs toward the ceiling, holding roughly a 45-degree bend, and pedal in slow circles 5–10 times in each direction.

2. Leg circles

On your back, left knee bent with the foot down, right leg reaching toward the ceiling. Brace the abdominals and anchor the hips as you trace small, controlled circles at the hip, 5–10 times each way. Switch sides and repeat.

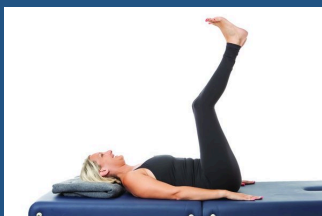
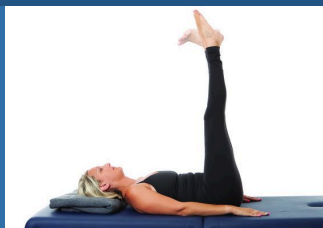


3. Knee flexion / extension

On your back with both legs reaching toward the ceiling, bend and straighten at the knees 5–10 times.

4. Plantar / dorsi flexion

On your back with both legs reaching toward the ceiling, point and flex the feet at the ankle joint 5–10 times.



5. Foot circles

On your back with both legs reaching toward the ceiling, circle both feet clockwise, then counter-clockwise, 5–10 times each.



Lymphatic Drainage Exercises for Cancer

Your Organization Name

Your Name, Credentials

Title

Certification or award line

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General precautions to avoid or manage lymphedema

- Skip tight rings, bracelets, and watches on the affected arm or hand
- Choose clothing that does not bind or restrict circulation
- Stay out of high heels
- Avoid socks, stockings, and undergarments with tight elastic
- Do not overheat — no saunas, whirlpools, steam rooms, or hot baths
- Keep at-risk skin scrupulously clean and moisturize after bathing
- Choose hypoallergenic soaps and fragrances
- Guard against insect bites, burns, skin irritants, hangnails, and torn cuticles
- Limit repetitive motion in the affected limb
- Leave heavy lifting to someone else
- Never hang a heavy purse or shoulder bag on the affected side
- Shave with an electric razor
- Treat any infection promptly and thoroughly
- Travel with the limb elevated
- Fly in a well-fitted compression sleeve or stocking
- Wear gloves for housework and gardening
- Ask for injections, blood draws, and blood pressure on the unaffected side
- Flexibility, strength, and aerobic exercise all help lymph move
- Have even the slightest swelling looked at right away

The risk of lymphedema doesn't rise or fall with time — but it can be treated and well controlled.

UPPER BODY

Begin with a five-minute aerobic warm-up.



1. Breathing

Breathing is the most overlooked part of the session and it does two jobs at once. It carries oxygen into the bloodstream, and it moves fluid. A slow belly breath shifts the diaphragm and changes the pressure inside the chest, gently pumping the central lymphatic vessel and encouraging lymph to flow.

2. Pelvic tilt

On your back, knees bent and feet flat. Tilt the pelvis until the small of the back presses into the floor. Hold for several seconds, then release. Repeat 5–10 times.

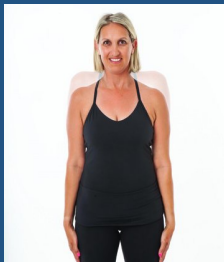


3. Modified sit-up

On your back, knees bent, feet flat, chin pointing at the ceiling. Exhale and lift the chest and shoulders until the abdominals engage. Lower slowly without resting between reps, as many times as is comfortable.

4. Neck stretches

Sit or stand tall. Exhale and turn the head slowly to the right, looking over the shoulder; inhale back to center, then repeat to the left. Next, tilt the head right so the chin drops toward the shoulder and hold 15–30 seconds, breathing easily, then return to center and repeat left. Finally, tilt the head right so the ear drops toward the shoulder, hold five seconds, return to center, and repeat left.



5. Shoulder shrugs

Inhale and lift both shoulders toward the ears. Exhale and let them settle. Then exhale and press the shoulders down as far as they will go, pause, and inhale back to neutral. Repeat 5–10 times.

6. Shoulder rolls

Lift the shoulders toward the ears, then roll them back and down in one smooth, continuous motion. Repeat 5–10 times, then reverse the direction.



7. Shoulder blade squeeze

Bend the elbows to a right angle, parallel to the floor. Exhale and draw them toward the middle of the back, squeezing the shoulder blades together. Pause, inhale, and return to the start. Repeat 5–10 times.

8. Isometric chest press

Bring the palms together in front of the chest, elbows bent and arms parallel to the floor at shoulder height. Exhale and press the hands firmly together. Pause, inhale, relax. Repeat 5–10 times.



9. Shoulder circles

Hold the arms out at shoulder height, palms facing down. Circle forward, then backward, 6–8 each way. Repeat 5–10 times.

10. Wrist circles

Make loose fists and circle them, keeping the movement in the wrist alone. Repeat 5–10 times one way, then the other.



11. Wrist flexion and extension

Bend the wrist toward you, then away from you, isolating the movement to the wrist. Repeat 5–10 times.

12. Fist clench

Open the hands and spread the fingers wide apart. Slowly close each hand into a fist and hold for five seconds, breathing normally, then release. Repeat 5–10 times.

