

Chest Exercises for Lymphedema

These exercises will help reduce swelling in your chest and breast areas. You can do these exercises sitting or standing.

Do _____ repetitions of each of the exercises _____ times each day.

Deep Breathing



- Put your hands on your abdomen, inhale (breathe in) slowly through your nose.
- Fill your belly with air. You should feel your hands rise.
- Apply mild / moderate pressure while you slowly exhale (breathe out) through your mouth. Let all of the air out.

Look Over Shoulder

**A****B**

- Slowly turn your head to the right. (A)
- Hold for _____ seconds.
- Return to your starting position.
- Slowly turn your head to the left. (B)
- Hold for _____ seconds.

(over)

Shoulder Roll



- Slowly roll your shoulders backward.
- Squeeze your shoulder blades, making a circle, without moving your neck.
- After doing a set backward, reverse and roll your shoulders forward.

Arm Clasp and Raise



A



B



C

- Clasp your hands together.
- Slowly raise your arms over your head to a comfortable level.
- Hold for _____ seconds.
- Return to your starting position.

Side Bend



A



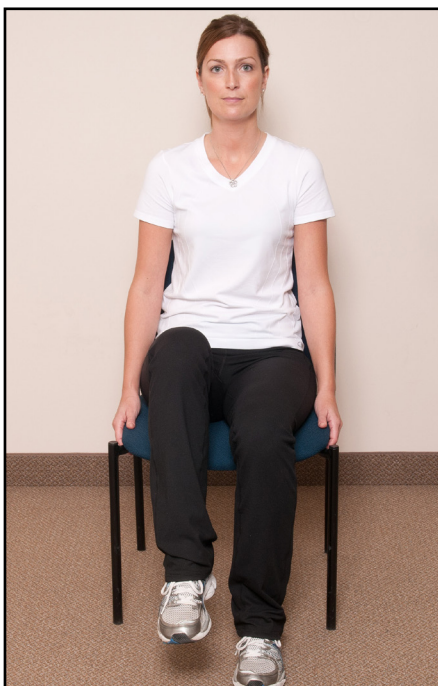
B



C

- Sit or stand with your body straight. (A)
- Slowly bend at your side to the right. (B) Keep your head, neck and body in line. Don't twist.

- Hold for _____ seconds.
- Return to your starting position.
- Slowly bend at your side to the left. (C) Keep your head, neck and body in line. Don't twist.



March in Place

- March in place by raising your knee toward your chest and lifting your foot off the ground.
- Alternate legs.
- Keep your head looking forward.

Stir Your Brew



A



B



C

- Reach your arms out in front of you.
- Clasp your hands together. (A)
- With a wide circular motion, rotate your arms clockwise. (B)
- Finish the circle by pulling in toward your belly. (C)
- After doing one set clockwise, do the repetitions counterclockwise.

Row



A



B

- Reach out with your arms in front of you. (A)
- Pull your elbows back away from your sides, squeezing your shoulder blades together. (B)
- Don't shrug your shoulders.



Deep Breathing

- Repeat the deep breathing from page 1.