





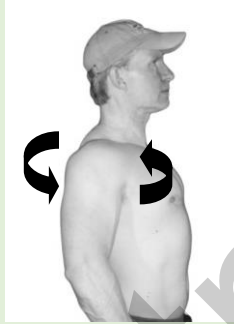




LOST TEMPLE FITNESS

UPPER EXTREMITY LYMPHEDEMA EXERCISES

This routine of 10-12 repetitions should always be done prior to exercises for those with lymphedema or at risk, including those that have had *any* amount of lymph nodes remove in the upper extremity and/or radiation.

Description	Pictures
<p>Other information at beginning of book. UE = Upper Extremity Section Flex = Flexibility Section</p> <p>FIST CLENCH <i>Lymphedema control and circulation</i></p> <p>Hands on thighs, open and close hand</p>	<p>See UE or Flex section of book for other pictures</p> 
<p>FIST CLENCH <i>Lymphedema control and circulation</i></p> <p>Open and close your hand 15-20x with arm elevated above heart to prevent edema</p>	
<p>FIST CLENCH <i>Lymphedema control and circulation</i></p> <p>Open and close your hand 15-20x with arm elevated above heart to prevent edema</p> <p>NOT OVERHEAD first 1-2 weeks and/or until drains are out</p>	
<p>SHRUGS</p> <p>Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.</p> <p>Inhale up/exhale down</p>	


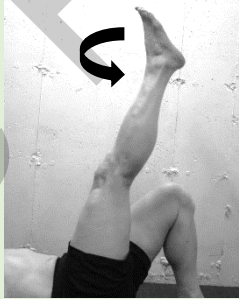
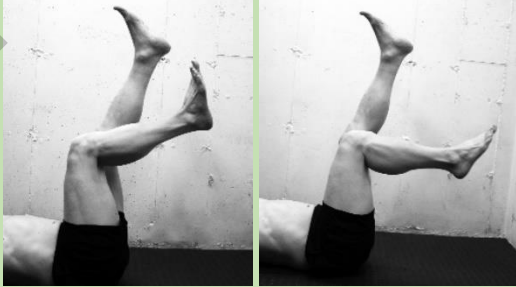

LOST TEMPLE FITNESS

Description	Pictures
<p>Other information at beginning of book. UE = Upper Extremity Section Flex = Flexibility Section</p>	<p>See UE or Flex section of book for other pictures</p>
<p>SHOULDER ROLLS - Backwards</p> <p>Move your shoulders in a circular pattern so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.</p>	
<p>NECK ROTATION and SIDE BENDS</p> <p>SIDE BENDS: (Top) Tilt your head as if you are trying to touch your ear to your shoulder.</p> <p>ROTATION: (Bottom) Turn you head to the side as if looking over your shoulder.</p>	
<p>NECK FLEXION AND EXTENSION</p> <p>EXTENSION: Look up as if you are looking at the sky moving your neck only.</p> <p>FLEXION: Look down as if you are looking at the floor. For an extra stretch gently put both hands behind your head to move chin towards the chest and hold.</p>	
<p>SHOULDER RAISE / ELBOW CIRCLES</p> <p>Place your fingertips onto your shoulders. Slowly raise the elbow up to the side, then move it forwards, gently circling your arm. You are aiming to get your elbow level with your shoulder.</p> <p>Try to increase the height each time you do the exercises until you get level with your shoulder.</p>	
<p>ISOMETRIC CHEST PRESS</p> <p>Place the palms of your hands together with your elbows bent and arms at shoulder level or below. Exhale while pushing hands together and inhale and relax. 5-10x.</p>	

LOST TEMPLE FITNESS

LOWER EXTREMITY LYMPHEDEMA EXERCISES

This routine of 10-12 repetitions should always be done prior to exercises for those with lymphedema or at risk, including those that have had *any* amount of lymph nodes remove in the upper extremity and/or radiation.

Description Other information at beginning of book. LE = Lower Extremity Section Flex = Flexibility Section	Pictures See LE or Flex section of book for other pictures
BICYCLES <i>Lymphedema control and circulation</i> Lying on your back, bend the knees at an angle. In a circular motion, complete ~10 repetitions in each direction, as if on a bike	
LEG CIRCLE <i>Lymphedema control and circulation</i> Lying on your back, bend one leg and point the opposite leg towards the ceiling. Move the leg in a small circumduction ~10x each way. <i>Think of drawing a small circle on the ceiling with your foot.</i> Repeat on the opposite leg.	
LEG FLEXION / EXTENSION <i>Lymphedema control and circulation</i> Lying on your back, bend and extend leg ~10x repetitions. You can either alternate or repeat on the same leg and repeat with opposite leg.	
FOOT PLANTAR/ DORSI FLEXION and CIRCLES <i>Lymphedema control and circulation</i> Lying on your back, extend the legs towards the ceiling. <ul style="list-style-type: none">• Dorsi/plantar flex foot (ankle pump) ~10x.• Foot circles ~10x each direction	

LOST TEMPLE FITNESS

Diaphragmatic Breathing

Lie either on your back with your knees bent or sit up

Inhale through your nose; as you do so, allow your stomach to rise. Limit movement in your chest. Attempt to push your bottom ribs out to the side as you breathe in.

Exhale through your mouth; as you do so, allow your stomach to fall. Limit movement in your chest.

Diaphragmatic breathing 6x a day for 5-10 repetitions

