

Instructions for Arm/Leg Exercise and Deep Breathing Program

This exercise will help improve lymph flow from your legs (when conducted after leg paddling)

Perform this exercise **5 times on each of 5 occasions** per day (When you wake up, at lunch time, in the afternoon, about 2 hours after dinner and just before you go to bed). **It works better if you leave your leg support garment on for the evening exercise.** Take them off when finished.

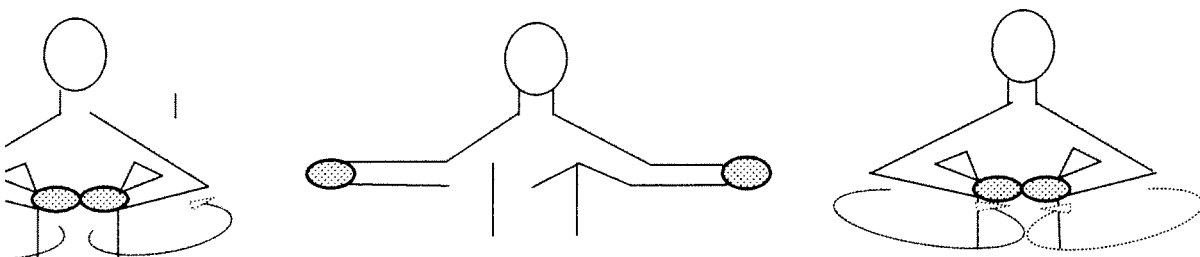
The most important ones are when you wake up and when you go to bed as this will help clear accumulated fluids from your tummy and chest area and allow the lymph fluid to better drain from your legs

How to perform the exercise

(The arm bit is a little like how you would welcome a friend – but slower)

- 1) **PUT YOUR LEGS UP** (on a chair or lie on bed) and **PADDLE your legs gently for about 30 seconds** (ankle circles or similar movement is ok)
- 2) **STAND or SIT:** Point the tips of your fingers towards the centre of your chest
- 3) **SLOWLY** open your arms out (as you would welcome a friend) and as you do **Breathe IN deeply**
- 4) **While still breathing in,** open your arms out as much as possible and put your hands back as far as you can – ensuring that you stretch and tighten your muscles in your **upper and lower arms.**
- 5) **HOLD YOUR ARMS OPEN** (while holding your breath) for 2-3 seconds
- 6) **Relax your muscles** of your hands and arms and while you slowly **breathe OUT as much as you can,** return your arms to the position as in point 2 where your fingers are again pointing towards your chest
- 7) The whole exercise should be done **SLOWLY** and each one should take about 10 seconds. **Repeat this exercise 5 times**
- 8) **AFTER you have done these,** paddle your legs for about 30 seconds as you did in the beginning (leave garment on if have one)

Figure 1.



a.