

Instructions for Arm Exercise and Deep Breathing Program

This exercise may help improve lymph flow from your arms and help reduce the size of your ARMS

Perform this exercise **5 times on each of 5 occasions** per day (When you wake up, at lunch time, at afternoon tea, after dinner and just before you go to bed).

It works better if you leave your sleeve on if you wear one

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 arms

How to perform the exercise

(It's a little like how you would welcome a friend – but slower)

- 1) **Sit, Stand or lie down.** Point your fingers towards you chest (breast bone)
- 2) Slowly open your arms out (as you would welcome a friend) and as you do **Breathe IN** deeply
- 3) **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 hands and forearms and upper arms.
- 4) **Hold your arms open** (while holding your breath) for 3-4 secs
- 5) **Relax your muscles** of your hands and arms and while slowly **breathing OUT** as much as you can, return your arms to the position as in point 1 where your fingers are again pointing towards your chest
- 6) The whole exercise should be done **SLOWLY** and each cycle should take about 10 seconds. **Repeat 5 times**

Figure 1.

