

Instructions for Arm/Leg Exercise and Deep Breathing Program

This exercise may 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, lunch time, the afternoon, about **2 hours** after dinner and just before retiring). **It works better if you leave your support garments on for the evening exercise.** Take them off when finished.

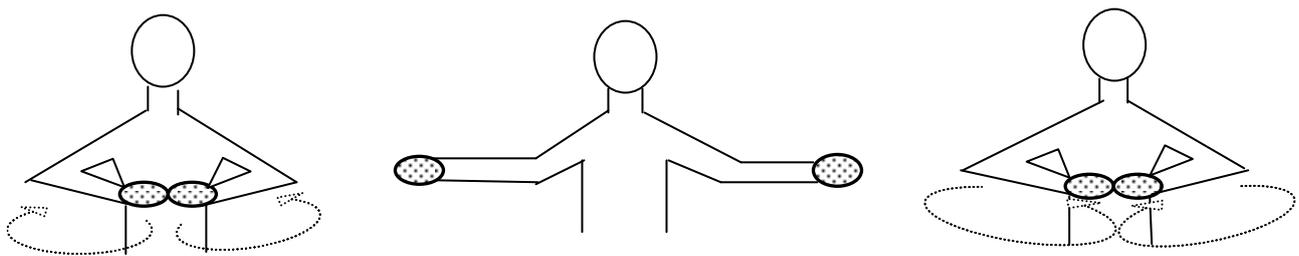
The most important ones are when you wake up and when you go to bed as this should help clear accumulated fluids from your tummy and chest area and allow the fluids to better drain from your legs

How to perform the exercise

(The arm bit is 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/slowly for about 30 seconds** (ankle circles or similar movement is ok)
- 2) **Then while in that position:** Point fingertips 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** (take 5 seconds to do this)
- 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 sec
- 6) **Relax your muscles** of your hands/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 again point towards your chest
- 7) The whole exercise should be done **SLOWLY** and each one should take about 10 seconds. **Repeat this exercise 5 times. It will take 1 minute in all.**
- 8) **AFTER you have done these, PUT YOUR LEGS UP, paddle them for about 30 seconds** as you did in the beginning (leave garment on if have one)

Figure 1.



a.