

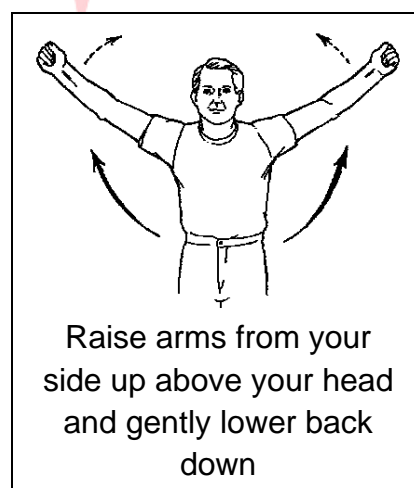
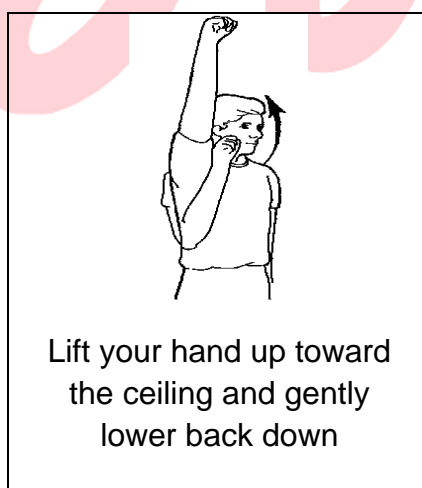
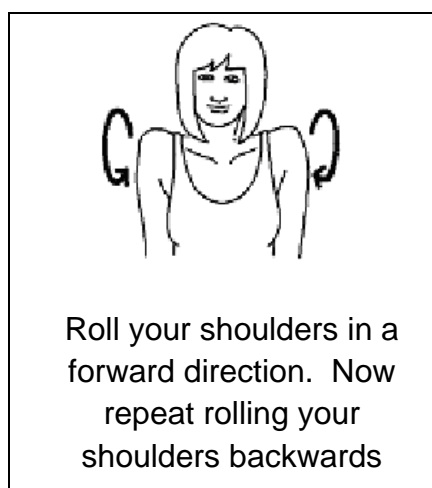
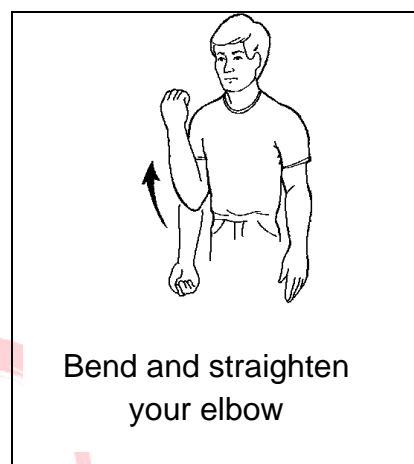
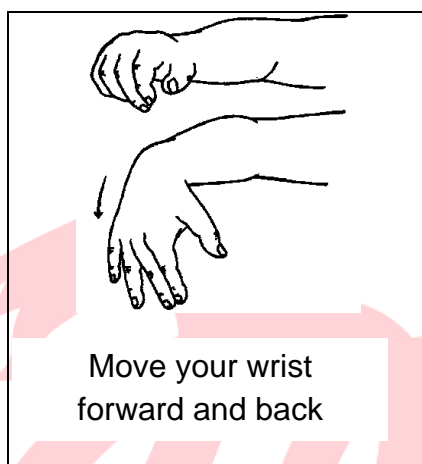
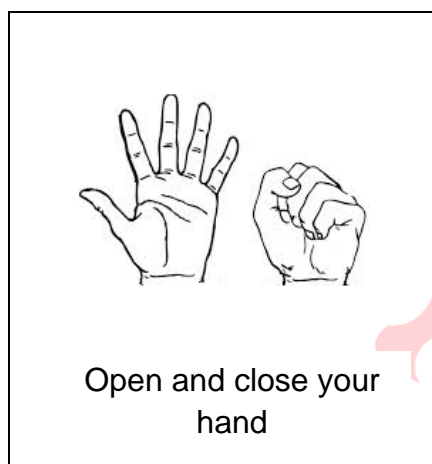


## Basics of Movement, Activity and Exercise for Upper Limb Lymphoedema

Gentle movement, exercise and activities will help the muscles pump lymph fluid through your body. Exercise can help you improve and maintain flexibility and keeps the bones strong. Being more active supports a healthy weight too, and it may even improve how you feel emotionally.

### Arm Exercises to Encourage Lymph Drainage

- Repeat 10 times both sides
- You can increase the number of repetitions as you get stronger



Follow the link or QR code to view a short video: [www.medic.video/w-lymph](http://www.medic.video/w-lymph)

