

## Lymphedema – upper body exercises for women

Try to do these exercises throughout your day as you do your daily activities.



1. Hold your wrist as shown
2. Bend your wrist until you feel a stretch
3. Hold 10 seconds
4. Repeat 10 times, 3 – 4 times a day

1. Bend your wrist as shown
2. Hold 10 seconds
3. Repeat 10 times, 3 – 4 times a day



1. Begin with thumbs facing up
2. Turn palms **upward**
3. Hold 10 seconds
4. Repeat 10 times, 3 – 4 times a day

1. Begin with thumbs facing up
2. Turn palms **downward**
3. Hold 10 seconds
4. Repeat 10 times, 3 – 4 times a day





1. Hold your hands together as shown
2. Bend the wrist until you feel a stretch
3. Hold 10 seconds
4. Repeat 10 times, 3 – 4 times a day



1. Open hands and fingers fully
2. Close hands and fingers fully
3. Repeat with arms in various positions as shown
4. Repeat 10 times, 3 – 4 times a day

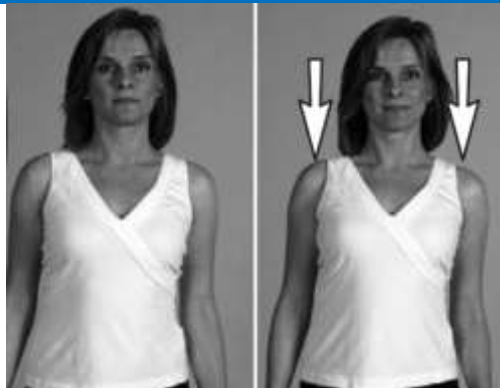


1. Open hands and fingers fully
2. Close hands and fingers fully
3. Repeat 10 times, 3 – 4 times a day



1. Begin with palm of hand flat on table
2. Keep palm on table, but lift fingers up off table
3. Hold 10 seconds
4. Repeat 10 times, 3 – 4 times a day

1. Begin with shoulders relaxed
2. Pinch shoulders upward towards ears
3. Hold 10 seconds
4. Repeat 10 times, 3 – 4 times a day



1. Sit or stand as shown
2. Try to press your shoulders downward as far as you can. This is a small movement
3. Repeat 10 times, 3 – 4 times a day

1. Begin with shoulders relaxed
2. Slowly rotate shoulders backward
3. Repeat rotating shoulders forward
4. Repeat 10 times, 3 – 4 times a day





1. Stand with feet 12 inches apart
2. Raise up slowly onto your toes, As high as you can
3. Hold 10 seconds
4. Repeat 10 times, 3-4 times a day
5. Rock back on your heels

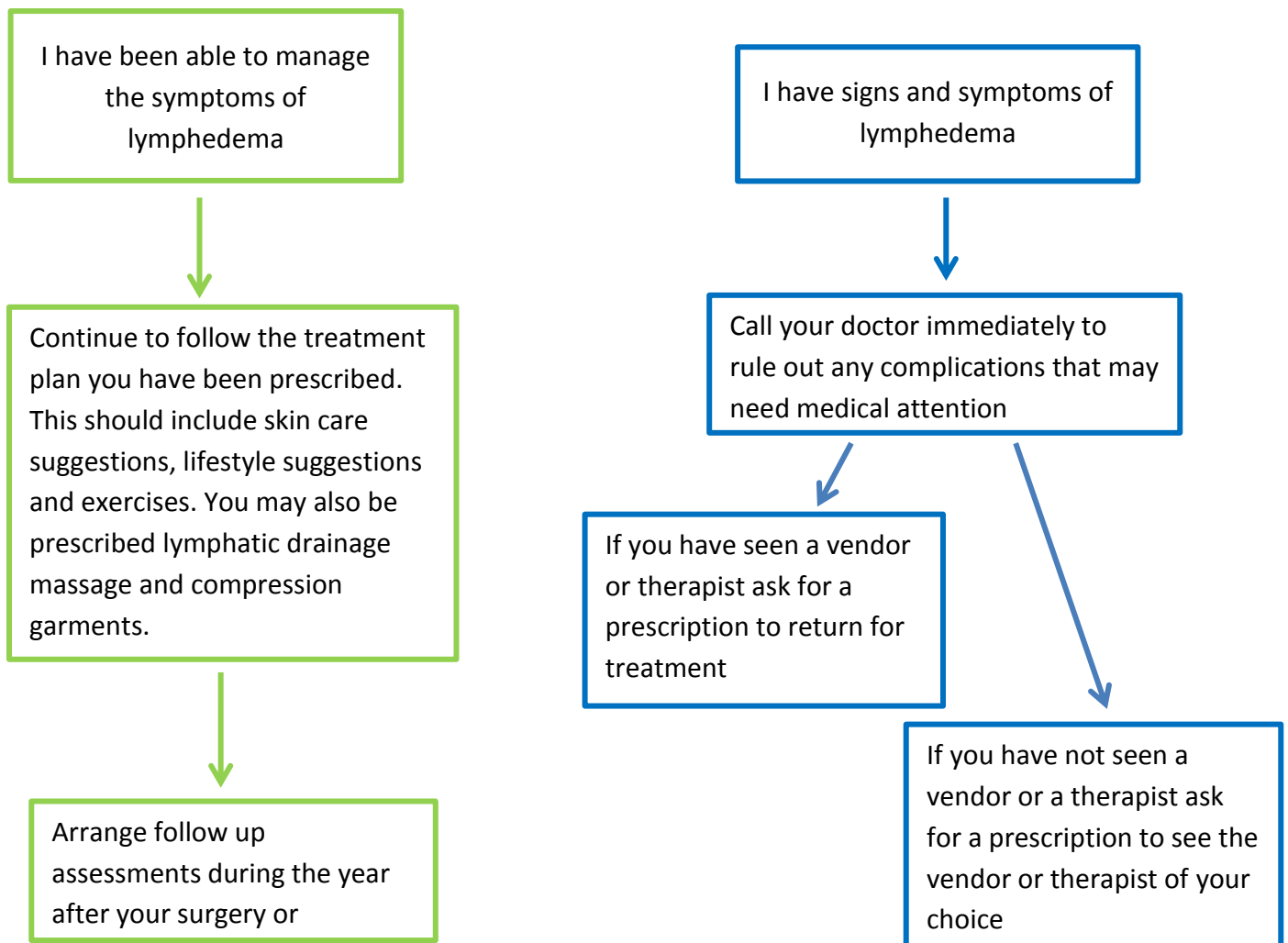
**To practice deep breathing:**

1. Place hands over belly button
2. Suck in belly button to spine



1. As you take a deep breath in, move your arms out from your chest
2. Hold breath 10 seconds
3. As you exhale your breath, move your arms into your chest
4. Repeat 10 times, 3-4 times a day

## Care pathway for patients diagnosed with lymphedema



It is ideal to see someone with specialized training in lymphedema management before symptom happen. They can provide more information about lymphedema management. If you have not been referred to a lymphedema specialist, ask your doctor to make the referral.

The **Lymphedema Management Referral (p.8)** is used to help get information from your doctor to the vendor or therapist who is assessing or treating you.

Please see page 6 for local vendors and lymphedema services.

## Niagara Lymphedema Resources

### ADP Vendors for Compression Garments

<b>Hauser's Pharmacy</b> (free education/ baseline measurement)	St Catharines	1200 4 <sup>th</sup> Ave. (Niagara Health System, St. Catharines Site) L2S 0A9	<b>905-685-3030</b>
<b>Niagara Prosthetics &amp; Orthotics Corp.</b> (free education/ baseline measurement)	St. Catharines	547 Glenridge Avenue and 1200 4th Ave. L2T 4C2 (Niagara Health System, St. Catharines Site)	<b>905-688-2553</b>
<b>Pharmx Rexall Drug Stores (Rexall Dell 8212)</b>	St Catharines	105 Queenston St., L2R 2Z5	<b>905-938-5138</b>
<b>Pharmashield Dispensary</b>	Niagara Falls	5400 Portage Road, L2G 5X7	<b>905-356-8482</b>

### Assistive Devices Program

- Patients with Lymphedema can access the ADP program to receive supplemental funding, covering 75% of the cost of compression garments authorized through ADP. The patient then pays the remaining 25% and if they have supplemental insurance, submits invoices for refund.
- An application is completed initially and every 2 years a renewal is required. See website below for more details:
  - o [http://www.health.gov.on.ca/en/public/programs/adp/pub\\_adp.aspx#](http://www.health.gov.on.ca/en/public/programs/adp/pub_adp.aspx#)

### ADP Authorizers in Niagara

- Susan Tomczuk at Hauser's Pharmacy (905)685-3030
- John Mulligan RMT (905)687-1828
- Vivian Dim at Niagara Prosthetics and Orthotics, Mondays 2-4PM (905)688-2553

### Manual Lymphatic Drainage Therapists

- 1) John Mulligan RMT/CLT-LANA (905) 687-1828 [john@lymphedematherapist.com](mailto:john@lymphedematherapist.com)
- 2) Cindy Schultz RMT (905)684-6066 [clcschultz@gmail.com](mailto:clcschultz@gmail.com)
- 3) Susan Ryczko RMT/CDT (905)704-1744 [susanryczko@hotmail.com](mailto:susanryczko@hotmail.com)



**Go with the flow – Lymphedema education and support**

**Walker Family Cancer Centre – Level One**

Join us on the **second Tuesday of every month** for an informal education session that includes demonstration of recommended exercises

**Drop in or call 905-682-6451 to register**

## Manual Lymph Drainage

- Increases the flow of lymph fluid and activates collateral pathways
- Can treat many types of swelling associated with surgery or trauma – promotes wound healing

**Indications:** Edema, lymphedema (primary or secondary), swelling due to trauma, promotion of wound healing, dermatological conditions, obstructive edema

**Contraindications:** Uncontrolled cardiac failure, renal failure, pulmonary failure, acute infections

## Complex Decongestive Therapy

4 Components	2 Phases
Manual Lymph Drainage	Intensive Phase: consists of the 4 components, plus patient education. Compression is used 23 hours/day
Compression Therapy	
Decongestive Exercise	Management Phase: patient applies practices and principles learned in intensive phase to manage condition
Skin care	

**Indications:** Lymphedema, primary and secondary. A modified version is used for non-healing ulcers, lipedema, mixed edemas

**Contraindications:** Uncontrolled cardiac failure, renal failure, pulmonary failure, acute infections. Malignant cancer is a relative contraindication.

## Compression garments

Compression sleeves, gloves and gauntlets are the types of compression garments used for arm lymphedema. These garments are made of strong elastic fabrics. They are worn during the day and removed at night. Replace compression garments every 4 to 6 months as they lose their elasticity and do not work as well.

You need a prescription to buy them. They can be expensive and the costs can be shared by accessing the Assistive Devices Program (ADP). Please talk to your health care team about the referral process.

**Lymphedema Management Referral**

**Patient Name:** \_\_\_\_\_

**Primary Physician:** \_\_\_\_\_

**Referred by:** \_\_\_\_\_ **Contact Info:** \_\_\_\_\_

**Diagnosis:**

**Area Affected:**

Lymphedema (chronic)

Swelling (acute)

Chronic Venous Insufficiency

Combined lymphedema

Lipedema

Other \_\_\_\_\_

Right Arm

Right Leg

Right Foot

Other: \_\_\_\_\_

Left Arm

Left Leg

Left Foot

Doppler done

**Suggested Treatment/Service:**

- Information on treatment options, garments and available funding
- Massage Therapy: Manual Lymph Drainage
- Massage Therapy: Complex Decongestive Therapy
- Compression Garment

**Comments:**