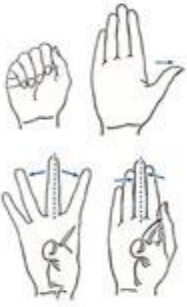


## Arm Exercises for Prevention of and Treatment for Lymphedema

**NOTE:** These recommended movements/sets/ reps are a BASIC MINIMUM per day. Do NOT be stationary for more than an hour at a time. Move your arm(s)! Move your body!



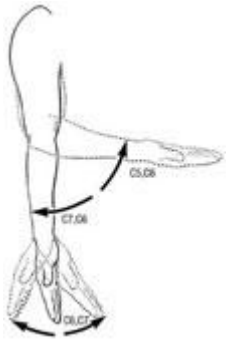
**Finger Flexion and Extension**

**15x/3sets**



**Wrist Flexion and Extension**

**15x/3sets**



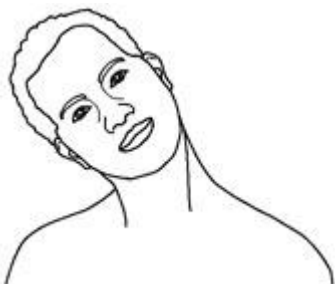
**Elbow Flexion and Extension**

**15x/3sets**



**Shoulder Flexion and Extension**

**15x/3sets**



**Neck Lateral Flexion and Extension**

**15x/3sets**