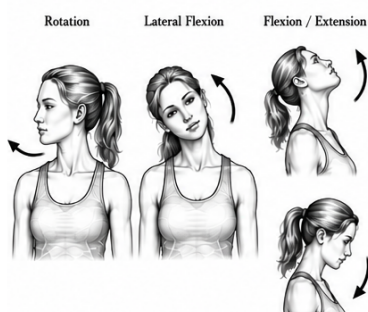


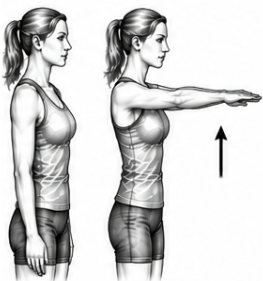
Upper Body Exercises for Prevention of and Treatment for Edema

This is the BASIC MINIMUM recommended per day - get up & MOVE!

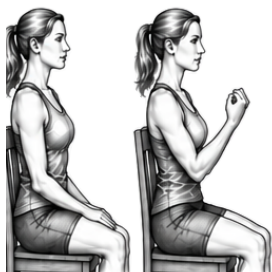
DO NOT sit or stand for more than an HOUR at a time!



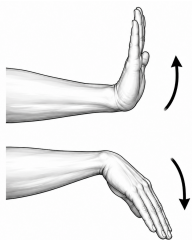
Neck: each movement + chin glide 15 reps/3x day



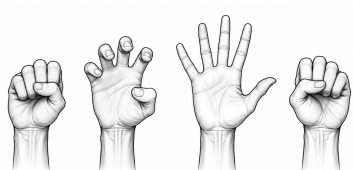
Shoulder: flexion/extension 15 reps/3x day



Elbow: flexion/extension 15 reps/3x day



Wrist: flexion/extension 15 reps/3x day



Fingers/Hand: fist, claw, spread, fist 15 reps/3x day