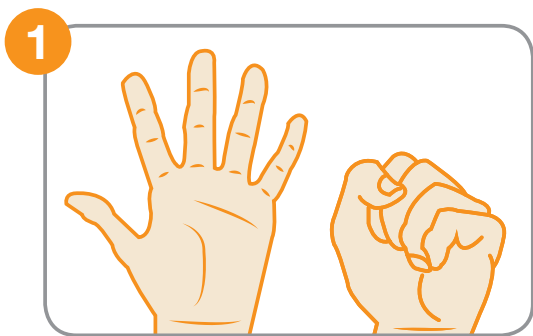
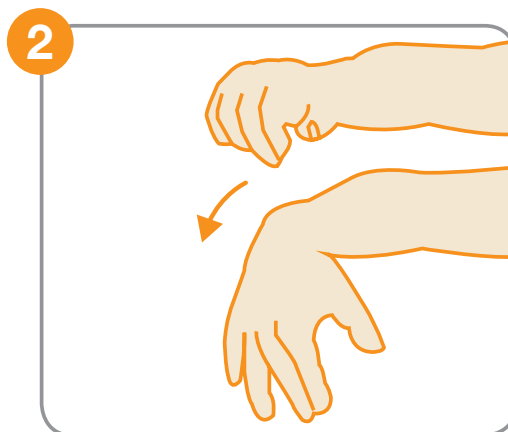


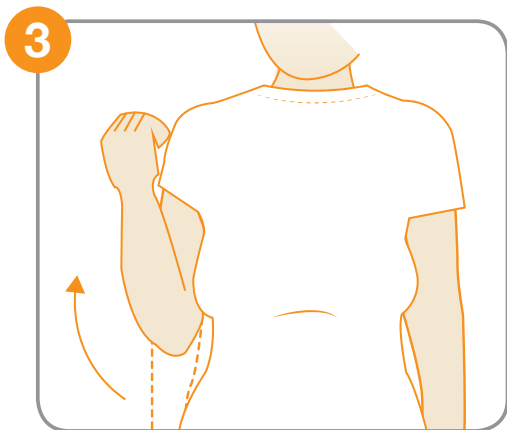
# Arm and shoulder exercises



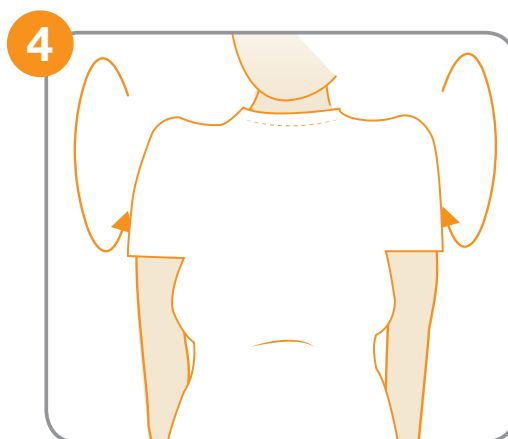
Open and close your hand



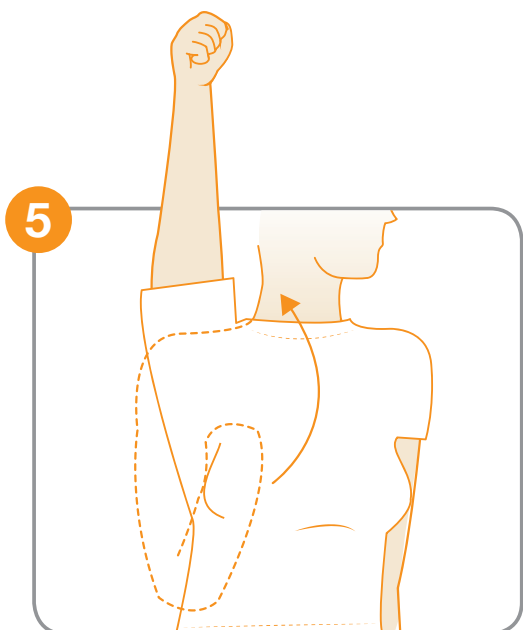
Move your wrist forward and back



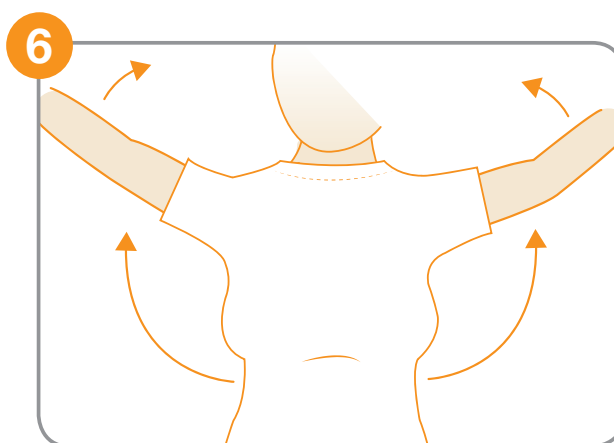
Bend and straighten your elbow



Roll your shoulders in a backward direction



Raise your arm from your side up above your head and gently lower back down



Raise your arms up towards the ceiling and gently lower back down

These exercises should be used as a guide. If you are unsure, ask your lymphoedema team, or ask to be referred to a physiotherapist.