Arm and shoulder exercises

1. Open and close your hand
2. Move your wrist forward and back
3. Bend and straighten your elbow
4. Roll your shoulders in a backward direction
5. Raise your arm from your side up above your head and gently lower back down
6. 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.