



Breast Cancer Exercise Precautions

Please make sure to start any exercise program slowly and carefully. Here are a few tips to reduce your risk of injury and occurrence of lymphedema.

1. Always do a "5 step check of your affected limb prior to initiating exercise and following exercise.

- Check the shape of your knuckles and whether you can see them or if they appear to have edema surrounding them. If your hand is edematous then the knuckles will be difficult to see.
- Gently pinch the skin on the back of your hand to see if you are easily able to press it together. If your hand is edematous then the skin will not pinch easily.

- Place your arms out straight in front of you and look at the contour of your lower arms and not any differences from side to side. Make a mental note of what they look like prior to exercise.

- Look in a mirror and bend your elbow and bring your fists towards your head to show the back sides of your lower arms.

Again note any differences from side to side and make a mental note of what they look like prior to exercise.

- Look in a mirror and hold your holds out to the side with you are making a "T". Look at the upper part of your arms and note any differences and make a mental note of what they look like prior to exercise.

!!!! If you find that you have an increase in edema prior to initiating exercise DO NOT EXERCISE. Contact your physician or lymphedema therapist if you already have one. If you find that you have an increase in edema following exercise please note how long it persists and DO NOT EXERCISE again until you have seen your physician or lymphedema therapist.

If you are able to proceed with exercise then please complete the following steps:

1. Apply a WELL FITTING compression garment to the arm and hand if recommended by your physician or lymphedema therapist.

If your garment is not well fitting then please contact either your lymphedema therapist or your DME provider to get a new one.

2. Make sure to do a good warm up, cold muscles are more likely to be injured.

3. Use light weights until you are able to complete about 30 repetitions without difficulty and only increase your weight by 1 lb at a time until it feels challenging but doable.

4. Only complete strengthening exercises 3-4 days per week (unless directed otherwise by a PT or physician) and give one rest day in between.

5. Make sure to put weights down in between each exercise if completing weight training and if completing cardio training make sure to loosen your grip and open and close your hand every few minutes.

6. If you feel pain or discomfort STOP ... DO NOT PUSH THROUGH PAIN. Pain is your body's way of telling you something is wrong. Reduce the amount of weight, range of motion and/or number of repetitions. If you still feel pain then

discontinue this exercise all together.

WARM UP

SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that your are moving in an up, back and down direction. Perform small circles if needed for comfort. Complete 10 reps. Repeat moving shoulders forward, down and up direction 10 times.

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



WARM UP

CERVICAL ROTATION

Slowly turn your head towards the side, then slowly return back to looking straight ahead. Repeat in the other directions

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



WARM UP

ELBOW FLEXION EXTENSION

Bend your elbow upwards as shown and then lower to a straighten position.

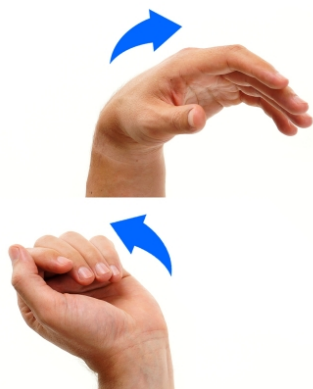
Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day





WARM UP

WRIST FLEXION EXTENSION - FUNCTIONAL GRIP

Flex and extend wrist with relaxed fingers. When wrist moves back into extension, fingers should flex/grip on their own.

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day

STRENGTHENING

FREE WEIGHT - ALTERNATE FLEXION IN NEUTRAL ROTATION



Hold a free weight in both hands and with your elbows straight and down by your side. Your palms should be facing inward towards the side of your body.

Next, slowly raise one of them up in front of your body. Then lower to starting position and then repeat on the other side. Alternate to the other side after each repetition.

Do not let your shoulder shrug upwards unless instructed to go over shoulder level height.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 4 Times a Week

STRENGTHENING

FREE WEIGHT - BILATERAL ABDUCTION IN NEUTRAL - LATERAL RAISE



While holding a weight in both hands and with your elbows straight, bring up your arms up from your side with the palms facing downward.

Do not let your shoulder shrug upwards and do not go over shoulder level height.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 4 Times a Week



STRENGTHENING

SL Row

- 1) Support one arm on the table with one leg in the air. You should not be extending from the back. (If your left hand is holding the weight, the right leg should be in the air).
- 2) Pull the weight towards your chest by wrapping your shoulder blade around your rib cage.

Remember:

- You should feel this exercise between your shoulder blades.
- Your back should be flat the whole time.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 4 Times a Week



STRENGTHENING

SEATED BICEP CURLS - BILATERAL

While sitting in a chair (or standing) and holding free weights on each thigh, lift both sides while bending at the elbows. Lower back down and repeat.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 4 Times a Week



STRENGTHENING

Seated Tricep Extension

Start by holding both weights at chest height, elbows bent. Keep your hands and elbows close to the body. Keeping the shoulders still, press your wrists behind you to straight arm (or almost straight, don't force the joint). Hold for 1 second at the top of the movement, then bring your arms back to the starting position.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 4 Times a Week



STRENGTHENING

WRIST EXTENSION CURLS - TABLE

Hold a small free weight, rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 4 Times a Week



STRENGTHENING

FREE WEIGHT SUPINATION AND PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown.

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 4 Times a Week



COOL DOWN- STRETCH

UPPER TRAP STRETCH - HAND BEHIND BACK

Place your arm behind your back. Next, tilt your head to the side. Hold for a stretch. Return to original position and then repeat.

Repeat 2 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day



COOL DOWN- STRETCH

Levator Scap Stretch

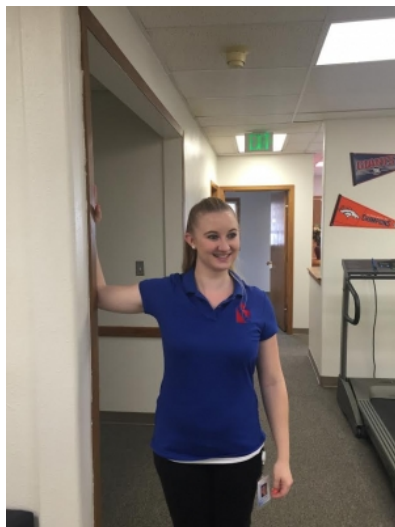
Stand up straight. Place one arm behind your back. Turn your head the other direction and use hand to gently pull chin towards arm pit. Hold a gentle stretch.

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



COOL DOWN- STRETCH

Doorway Pec Stretch

Find a doorway or corner of a wall. Slide your arm up to shoulder height with your arm bent to 90 deg. Lift in your chest and feel the front of your chest stretch, if you do not feel a stretch slowly turn your body away from the wall until you feel a stretch in your chest.

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



COOL DOWN- RANGE OF MOTION

Wall Wash - Flexion

Using a towel, slide your arm up the wall until a stretch is felt in your shoulder

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Day



COOL DOWN- RANGE OF MOTION

Wall slide abduction

Start with two towels on the wall hands at shoulder height. Slide hands up as high as you can go, then move hands out the slide as far as you can, and return to starting position. Stay within pain free range.

Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day