# Instructions for Arm/Leg Exercise and Deep Breathing Program

## This exercise will help improve lymph flow from your legs (when conducted after leg paddling)

Perform this exercise **5 times on each of 5 occasions** per day (When you wake up, lunch time, in the afternoon, about 2 hours after dinner and just before you go to bed). **It works better if you leave your support garment on for the evening exercise**. Remove when finished.

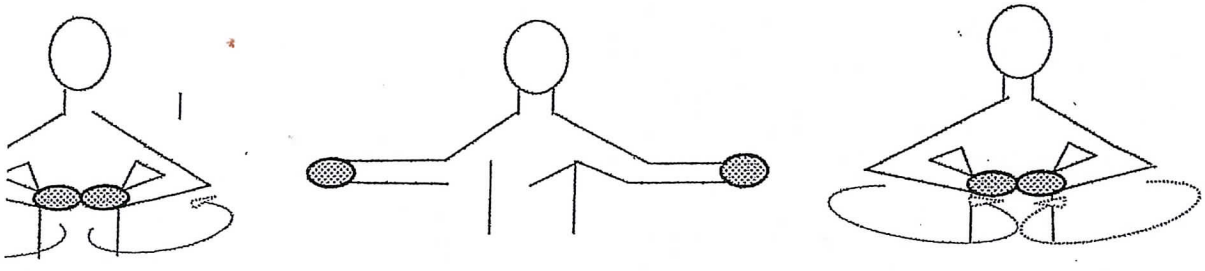
**The most important ones are when you wake up and when you go to bed** as this will help clear accumulated fluids from your tummy and chest area and allow the lymph fluid to better drain from your legs

## How to perform the exercise

(The arm bit is a little like how you would welcome a friend – but slower)

1) **PUT YOUR LEGS UP** (or lie on bed) and **PADDLE your legs gently for about 30 seconds** (ankle circles or similar movement is ok)
2) **POINT the tips of your fingers** towards the centre of your chest
3) **SLOWLY** open your arms out (as you would welcome a friend) and as you do **Breathe IN deeply**
4) **While still breathing in**, open your arms out as much as possible and put your hands back as far as you can – ensuring that you stretch and tighten your muscles in your **upper and lower arms.**
5) **HOLD YOUR ARMS OPEN** (while holding your breath) for 2 sec **Relax your muscles** of your hands and arms and while you slowly **breathe OUT (maximally)**, return your arms to the position as in point 2 where your fingers are again pointing towards your chest
6) The whole exercise should be done **SLOWLY** and each one should take about 10 seconds. **Repeat this exercise 5 times**
7) **AFTER you have done these, paddle your legs for about 30 seconds** as you did in the beginning (leave garment on if have one)

**Figure 1.**



a.

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