# Lymphoedema & exercise

Did you know that exercise is a critical part of managing your lymphodema?

## Benefits

- Improve lymph flow
- Improve range of movement
- Strengthen muscles
- Boost the immune system
- Weight management in combination with diet

## Recommended Exercises

- Aerobic exercise
- Strength training
- Flexibility exercises
- Breathing exercise
- Hydrotherapy / pool based exercise

## Tips for exercising

- Start slow
- Wear compression garments if you use these
- Stay hydrated
- Monitor for changes in your swelling
- Seek professional help to develop an exercise program
- Dress appropriately for outdoor exercise

## Caution if doing these exercises

- High impact activities
- Heavy weightlifting
- Exercises that require prolonged sitting without movement

**For more information, please see your physiotherapist**

