

RIGHT UPPER LIMB SELF MLD AND EXERCISE PROGRAM

Perform the following routine twice per day, morning and night.

Breathing exercise

- a) Stand or Sit: Point the tips of your fingers towards the centre of your chest



- b) Slowly open your arms out (like you are about to give someone a hug) and as you do this breathe in deeply. Open your arms out as much as possible and put back your hands as far back as you can. Hold for 2- 3 seconds.



- c) As you breathe out relax your arms and hands and bring back to the centre of your chest



- d) The whole exercise should be done slowly and each one should take about 10 seconds. Repeat this exercise 5 times. The entire sequence is shown below



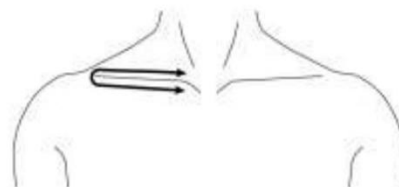
The following should be performed slowly and directly on the skin. You should use medium pressure but should not make the skin red.

Tip if you find it difficult to stroke using your hand a rubber paint roller can be used.

1. Place the soft ball (or hand) in the right arm pit squeeze 10 times. Repeat on the left side. This helps stimulate the lymph nodes.



2. Using the hand of the unaffected side place your index and middle fingers either side of the collar bone stretch the skin towards the middle. Repeat 10 times.

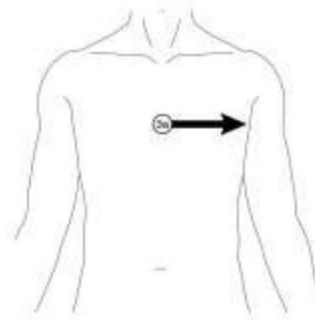


2. Divide your body in half down the middle. Always stroke away from the affected arm/breast.



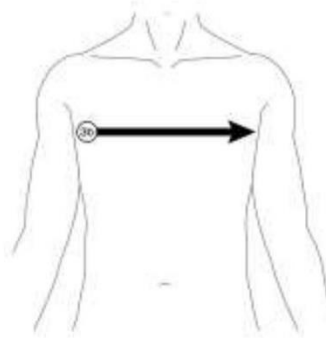
- a. From the middle of your chest stroke with the flat of your left hand directing towards the unaffected side.

Repeat _____ times

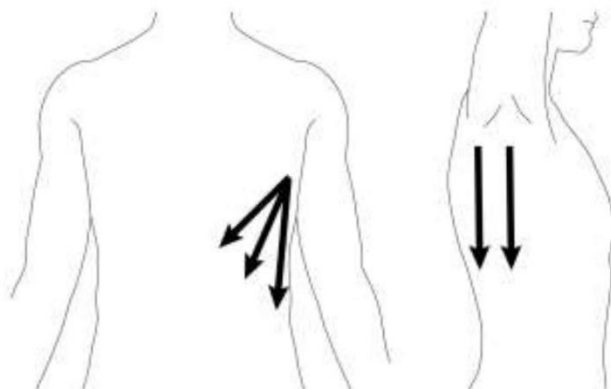


- b. From the side that is affected stroke your chest with the flat of your right hand towards the unaffected side.

Repeat _____ times

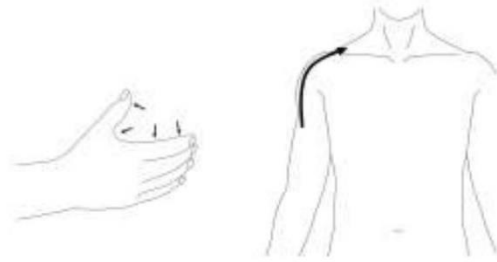


- c. If you have swelling under the arm stroke from your arm pit down as shown below.



Repeat _____ times

3. With your left hand stroke with the web space of the thumb and index finger from the point of the shoulder towards the collar bone 5 times.



UPPER ARM

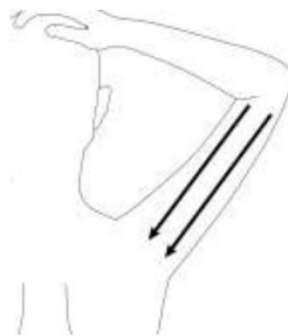
5. Stroke 10 times with the web space of the thumb and index finger from the elbow of the upper arm towards shoulder on the :
 - a. Front of the upper arm -



- b. Put your hand on your head and stroke the inside of the upper arm

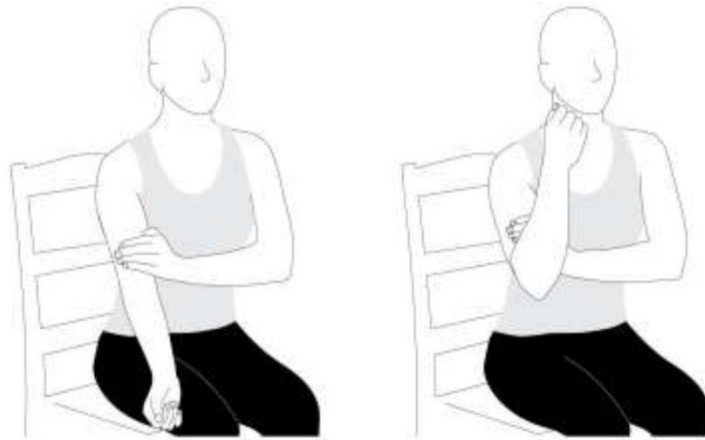


- c. Put your hand on your head and stroke down the back of the upper arm



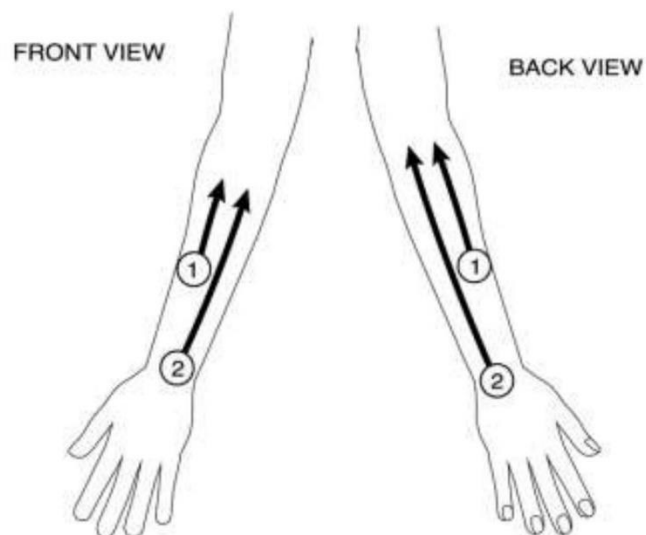
The aim is to stroke all sides of your upper arm.

- Place your opposite hand just above the elbow crease and bend the elbow against your hand 10 times. This helps stimulate the lymph nodes in the elbow region.



FOREARM

- Concentrate on the top half of the forearm first. Using the web space of the thumb and index finger stroke from the middle of the forearm to the elbow on the front. Bend your elbow and stroke the back. Repeat 10 times.
- Using the web space of the thumb and index finger stroke from the wrist to the elbow on the front then bend your elbow and stroke from the wrist on the back. Repeat 10 times.



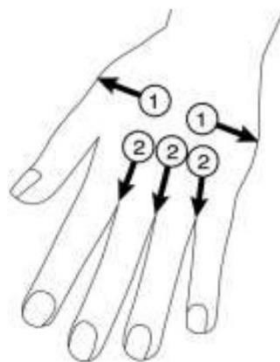
HAND

9. Place the ball in the hand and squeeze it firmly. Wait until the ball refills and repeat 5 times.



10. Using the thumb, on your opposite arm, stroke from the middle of the back of the hand to the sides of the hand directing towards the palm. 10 times to each side.

11. Stroke 5 times between each finger from the back of the hand towards the palm.



12. Repeat steps 10, 9 then 10 again.