

EXERCISE



BREAST CANCER PATIENTS:

What You Should Know About Exercising if You Have Lymphedema

ABOUT JUZO

With over 100 years of knitting experience, our family philosophy has been that medical garments should not inhibit a person's lifestyle.



For more information about lymphedema, please visit:

www.mylymphedema.com



For more information on Juzo® compression garments or to find a Juzo retailer near you, visit Juzousa.com or call 1-888-255-1300.



Since 1912



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LYMPHEDEMA AND EXERCISE

Lymphedema exercises in combination with a graduated compression sleeve can help increase your body's natural ability to return venous and lymphatic fluid to the circulatory system. You should have your compression garment measured by an individual specialized in fitting compression garments for lymphedema. In addition to a sleeve, it's also beneficial to wear a hand piece (a gauntlet or glove) to avoid causing or worsening swelling in your hand.



TAKE CONTROL

Breast cancer treatment presents a unique set of challenges, but asking questions and gaining knowledge can help you avoid unnecessary pain down the road. Be sure to talk to your doctor about Lymphedema and developing an exercise program that's right for you.



GUIDELINES FOR EXERCISING (WHETHER YOU ARE DIAGNOSED WITH LYMPHEDEMA OR ARE AT RISK) INCLUDE:

- Exercise regularly and combine strength, flexibility and endurance exercises
- Exercise in a circuit that alters the type of exercise and body part within the session
- Gradually increase the duration and intensity of activities
- Take frequent rests to allow your arm/hand to recover
- Monitor your arm/hand during and after activity (check for any change in size, shape, tissue, texture, soreness, heaviness)
- Avoid weights that wrap tightly around your arm; don't wear clothing that causes constriction
- Stay hydrated
- Avoid extreme heat or overheating
- Wear graduated compression sleeves

BEFORE YOU DEVELOP A PERSONALIZED EXERCISE PLAN:

Be sure to report any other health conditions you may have to your exercise consultant or health care provider.