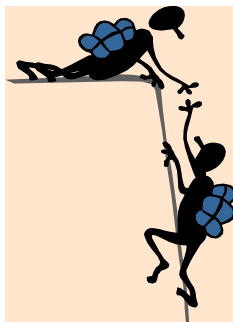


Welcome!

Inside Your Notebook You Will Find:

- Lymphedema Overview
- Complete Decongestive Overview
- Bandaging Overview
- Scientific Papers on Lymphedema
- National Lymphedema Network Sample Newsletter
- Personalized Lymphedema Exercises
- Personalized Volumetric Measurements
- Personalized Photographic Evidence of your LE & Improvement
- Estimated Costs of Treatment
- Lymphedema Quizzes
- Lymphedema Self-Massage
- Precautions for Upper Extremities
- Skin & Bandage Care



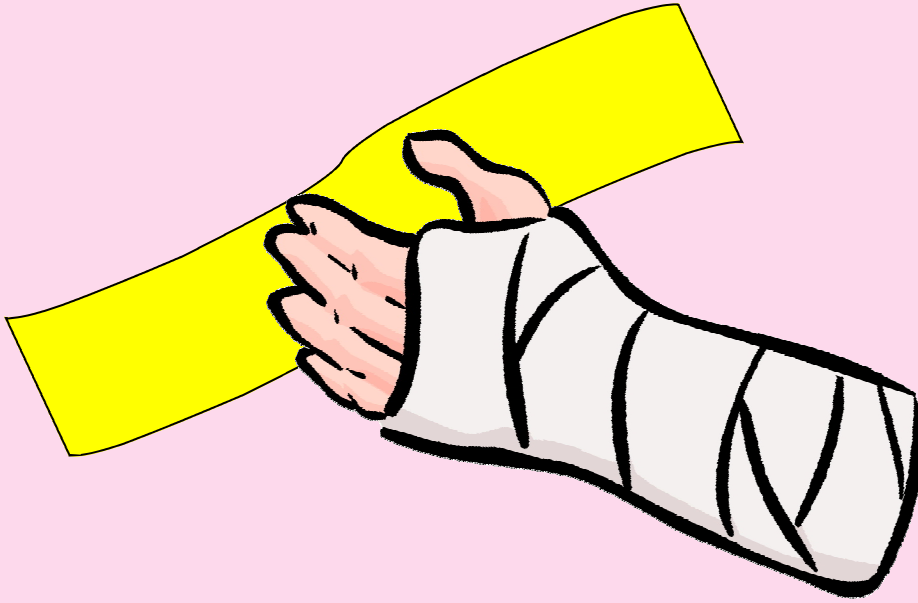
Hang In There! We know it is all a bit overwhelming but remember...

We are in this Together!!!

We WILL Help you with your Edema

Be PATIENT! It WILL Get BETTER!

Link from 'exercise manual' as a pdf.



Upper Extremity Lymphedema Treatment Phase Exercises

A Manual for
Lymphedema Therapists

Dr. Madeline Chatlain, OTR/L, CLT/LANA, LMT

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Posture Standing

What's going on here?	Incorrect	Incorrect	Correct
Forward Head Posture			
Round Shoulders			
Flat Back– Straining			
Compressed Diaphragm			
Locked out knees			
Toe Out			
Weight on Heels			

6 Simple Steps to Improve Your Posture!

- 1) Put **weight on BALLS** of Feet (let your heels come "off" of floor").
- 2) Tuck your **BUTTOCKS TOGETHER** (imagine you have a \$1,000 bill in that "special place" and you can keep the money if it doesn't fall to the ground!)
- 3) **BEND your KNEES.**
- 4) Let your **HEELS REST gently** on the Floor.
- 5) Stretch your **FINGERS toward the OUTSIDE of your KNEES** while you **SQUEEZE your SHOULDERS TOGETHER.**
- 6) **Tuck your CHIN IN** (not UP or Down!...but like a TURTLE) look STRAIGHT AHEAD!

For every 1" you bring your "head forward" you add **10# of strain** to you neck!
 Nobody has to "know" you are "squeezing you buttocks together" but it will protect your back by lifting your upper torso off your lower back! "