



LYMPHOEDEMA EXERCISE RECORD

**LEGS
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RESHAPING CARE TOGETHER...



IN RECOGNITION OF OUR PLATINUM PARTNERS



LYMPHOEDEMA EXERCISE RECORD

- Keeping a record allows you to celebrate the successes and can motivate you to improve your overall wellness
- Ensure you have a safe space before you start
- Ensure you take pain relief if needed before commencing your exercise routine

Day	Seated exercises	Arm exercises	Leg exercises	Walking	Other exercise e.g. housework	Time	Comments
Mon							
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							
Weekly successes							
Next week goals							

Have fun and smile, you've got this 

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