

Is Your Exercise Plan Helping Your Swelling?

Self-Check Checklist (Print-Friendly)

Date: _____

Symptom Check

Check off any changes you've noticed **after starting or adjusting your exercise routine**:

Symptom	Better	Same	Worse
Swelling size (limb girth)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin tightness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heaviness or fullness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothing/jewelry fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain or aching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Range of motion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin changes (e.g. redness, dryness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Indentations after compression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Measurement Tracker- For Swollen limb

Measure at the same time of day. Use the same tape each time.

Upper Limb

Area Measured	Last time	This time	Change? (+/-)
Wrist	_____	_____	_____
Mid-forearm	_____	_____	_____
Elbow crease	_____	_____	_____
Upper arm (midpoint)	_____	_____	_____

Lower Limb	Last time	This time	Change? (+/-)
Ankle	_____	_____	_____
Mid-calf	_____	_____	_____
Knee	_____	_____	_____
Thigh (midpoint)	_____	_____	_____

Range of Motion – Quick Movement Check of Swollen Limb

Try these simple movements. Check what feels true for you.

Arms:

- Can you stretch as if reaching for the ceiling?
- Can you reach behind your back?
- Can brush your hair?
- Can your elbow and wrist bend easily?

Legs:

- Can you bend and straighten your knee without difficulty?
- Can you pump your ankle up and down easily?
- Can you walk up and down stairs?

Have these changed since your last assessment?

Lifestyle & Exercise Reflection

Short Answer Prompts:

1. What exercises or movements am I doing regularly?

2. How often do I do them?

3. Are my exercises affecting my daily routine or lifestyle? ☐ Yes ☐ No ☐

If Yes, how? _____

4. Do my exercises make me feel happy or supported?
☐ Yes ☐ No ☐ Not sure

Notes: _____

When Should I Reassess?

- Every 4-6 months

OR

- Before every new garment
 - With any swelling flare-up
 - With weight changes
-

What Do My Results Tell Me?

- **Mostly "Better"**: Great! Your plan is helping.
 - **Mostly "Same"**: Still good! Stability means it's likely working.
 - **Some "Worse"**: Consider adjusting. Try:
 - Shorter sessions
 - More rest between exercises
 - Different types of movement
 - Talk to your lymphedema therapist
-

Notes:

Use this space to track what you changed, how your body responded, or questions for your therapist:

Always speak with your doctor, lymphedema therapist, or exercise professional if you're unsure how to proceed or if symptoms change.

Made by Swelling Solutions — Your Partner in Change

www.swellingsolutions.com | @SwellingSolutions