



Jump right in to swimming


If you have lymphoedema in your arm following breast cancer treatment, swimming can have lots of benefits for your health and wellbeing. However, there are steps you can take to get the most from your swim. Here, we explain what they are!

Swimming is beneficial as it helps the muscles to pump lymph fluid from the tissues and back into the lymphatics.

Exercising while wearing your compression enhances this effect, so to get the best from your swim, wear your compression garment.

An older garment approaching the end of its life is ideal, since the chlorine may have an adverse effect on the fibres.

While in the pool, you may want to perform your arm exercises as the water provides resistance.

Exercise to your ability, and listen to your body. It is important to stop exercising if your affected arm hurts. 





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It is important that you wear your compression daily to achieve the maximum benefit

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