



Accelerate

Transforming wound
and lymphoedema care

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





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Lymphoedema exercise record

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

