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Name of journal: *World Journal of Clinical Oncology*

ESPS Manuscript NO: 19546

Columns: Minireviews

Concise review on the safety of exercise on symptoms of lymphedema

Casie Morris, Karen Y Wonders

Abstract

Lymphedema is an atypical accumulation of high-protein fluid located just beneath the skin, which often occurs in the arm or leg. Exercising with lymphedema was traditionally considered to be unsafe. However, recent research indicate that exercise may be beneficial to individuals with lymphedema. Studies indicate that exercise can improve the range of motion and strength of the afflicted limb(s), as well as overall fitness and functional quality of life, and can be performed without exacerbating

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[PDF] Exercise - National Lymphedema Network

www.lymphnet.org/pdfDocs/nlnexercise.pdf

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Lymphedema | We Can Help | LIVESTRONG.org

www.livestrong.org/we-can-help/finishing-treatment/lymphedema/

Lymphedema causes swelling in the arms and legs. Hayes SC, Reul-Hirche H, Turner J. "Exercise and secondary lymphedema: safety, potential benefits, and....

Treatment of Lymphedema - National Cancer Institute

www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema/Patient/page3

12 Dec 2013 ... Expert-reviewed information summary about the treatment of ... show that upper-body exercise is safe in women who have lymphedema or who....

[PDF] Lymphoedema - the European Oncology Nursing Society

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