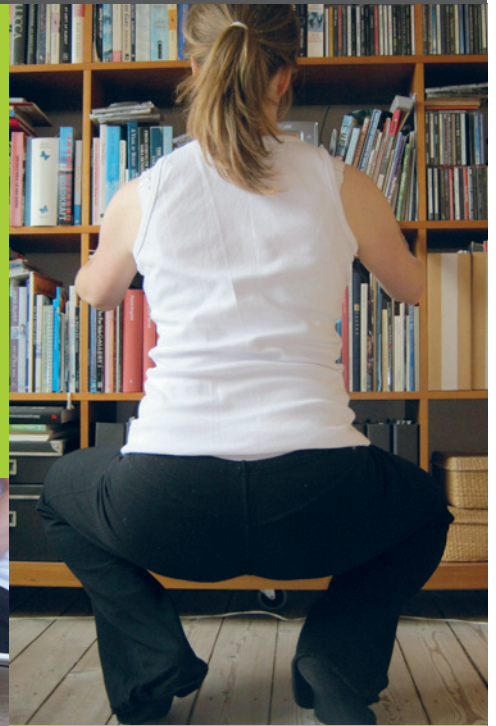


LymphedemaGirls tips and exercises for long-haul flights

- Get an **aisle seat**, best to the side of your lymphedema leg so you can stretch it every now and then when sitting down. An aisle seat will allow you to get up anytime you want, at least I find that when in the middle seat I don't feel like bothering my neighbor more than absolutely necessary.
- **Drink lots** to stay hydrated and to make sure you get up (to go to the toilet).
- Consider wearing **extra compression** on (some of) the leg, ie cut an old stocking in half and wear it over the other. Be careful if you have pressure sensitive spots.
- Consider wearing **trekking sandals** for the flight so you won't have trouble getting your shoes back on should the foot go up a little in size.
- **Bring bandages** (or nightgown if you have one) and consider wrapping (some of) the leg the first night upon arrival.
- Get up and **walk/move** often. It sucks when you just want to sleep but you will thank yourself later.



Deep squatting. This one can be done in the bathroom, if need be with one leg of either side of the toilet bowl. Up and down. On my last long haul I would do this 15 times every time I went to the bathroom.



Lifting your knee and thigh as high as you can. Also suited for the aisle. Repeat.



The classic **lift your heel, lift your toes**, getting those pumps going.



Standing with feet together and knees together, focusing on keeping knees together **kick your bum** with the lymphema leg. This will help draw the fluid in the knee area upwards. Repeat. This one can easily be done in the aisle.



Lift your leg upwards while you with both hands try to push it back down. Hold it for 5-10 seconds, then rest before another round. This creates circulation in the limb.



On your toes and down again. Aisle material.



Deep breathing. Take **deep breaths** filling up the belly, not the chest. Breathe in and out through your nose. You can practise from home by lying down, one hand on the chest. If done correctly the chest should not be moving. My belly is full of air here.

More:

- **Exercises for the pelvic floor.** For women: Imagine having a pee and having to stop. Big lymph nodes are located in this area which is why this one is useful.
- Go for **walks in the aisle**. Often.

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