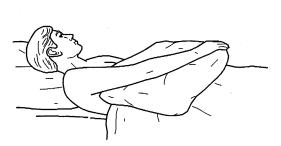
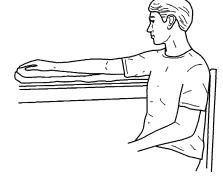
Controlling Arm Swelling



- **№** □ Keep your arm up at all times.
 - ☐ Massage the arm _____ times a day for at least _____ minutes.
 - ► Use lotion when massaging
 - ► Always rub towards your shoulder, using firm pressure, and long, smooth strokes.

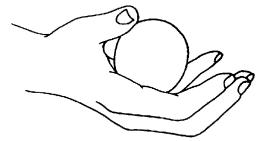


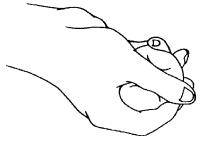


Wear the support sleeve provided by the therapist during the day. Your doctor may want you to have a pressure garment which will be fitted and ordered for you.



Squeeze the nerf ball in your _____ hand ____ times for _____ times a day. Squeeze it hard to a count of 5. Keep your arm up.





If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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 - ► Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.