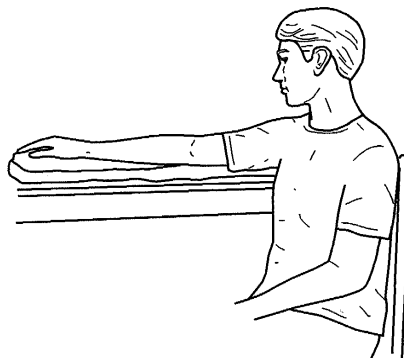
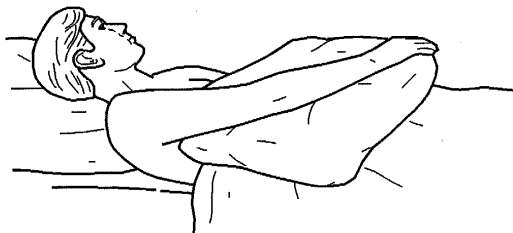
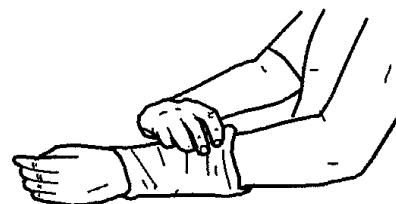


# Controlling Arm Swelling

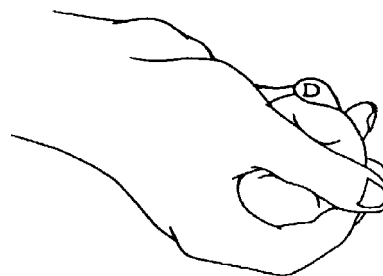
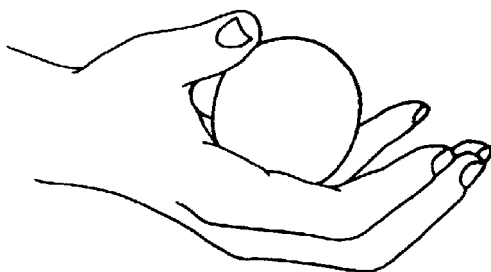
- ☞ ☐ Keep your arm up at all times.
- ☐ Massage the arm \_\_\_\_\_ times a day for at least \_\_\_\_\_ minutes.
  - ▶ Use lotion when massaging
  - ▶ Always rub towards your shoulder, using firm pressure, and long, smooth strokes.



- ☞ 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](mailto:health-info@osu.edu).**