

Arm exercises while wearing bandages or an armsleeve

- Avoid elevating your arm above heart level for long periods as this may make your shoulder ache.



Start with shoulders relaxed then gently shrug your shoulders to bring them towards your ears. Return to relaxed position again.



Start with the palm of your hand facing the ceiling. Gently bend your elbow and bring your hand towards your shoulder, then bring your hand back down to face the ceiling.



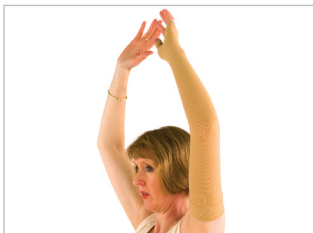
Starting with your elbows facing forward, bring your hands up to your ears. Gently move your elbows out to the side, keeping your hands on your ears. Return to start position.



Support your arm. Make a fist and then open your hand, spreading your fingers as wide as possible.



Continue to support your arm. Start with the palm of your hand facing the floor then gently flex your wrist so that your fingers are pointing towards the floor. Bring your hand up so that your fingers are now pointing towards the ceiling.



Start with both hands on your lap. Then slowly and gently raise your arms in front of you towards the ceiling. Slowly bring your arms back down so that your hands are on your lap.

Additional exercises and videos are available at www.activahealthcare.co.uk

Tips for all Actico® wearers

- The bandages must not get wet. Waterproof bandage protectors are available and you may wish to discuss this with your practitioner.
- Keep the bandages on. Do not remove them or interfere with them as this will reduce their effectiveness.
- The bandage should feel firm but comfortable. If it feels painful or slips down, contact your nurse immediately. To assist blood and lymph flow elevate your affected limb whenever you can. If your leg is bandaged, put it up when resting. Avoid elevating your arm above heart level for long periods as this may make your shoulder ache.

What next?

Actico® bandages are the first step to heal any wounds or to reduce swelling. To ensure your arm or leg remains healthy, compression garments such as **ActiLymph®/ActiLymph®MTM** are normally worn. These garments are made from state-of-the-art lightweight fabrics, with many wearers forgetting they have them on.

Further information

www.lymphoedema.org/lsn
www.activahealthcare.co.uk

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Call our customer care line: **08450 606707**
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Actico®

Cohesive Inelastic Bandage

Patient advice leaflet



Actico® bandages for arms and legs

This leaflet has been given to you because your healthcare professional is treating your condition with **Actico®** bandages, which are clinically proven to help your leg ulcer heal and/or reduce swelling in arms and legs.

The bandages are compression bandages, which means they 'squeeze' your limb and push the body fluids (either/or blood and lymph) back to where they need to go to reduce swelling and help your wound to heal.

Actico® for legs



Leg ulcers and leg swelling

Leg ulcers (a wound on the leg which has not healed after several weeks) are surprisingly common. Up to 1% of adults in the UK will have one at some time in their lives.

Swelling of the legs is equally common, either with or without a leg ulcer. The swelling is made up of lymph fluid, which is unable to drain back into the lymphatic system. This type of swelling can affect anywhere in the body. However, in this leaflet we are talking about swelling in the arms and legs.

What will Actico® bandages feel like?

They will feel firm but comfortable. They will feel more firm when you are up and about or moving your calf muscle, and less firm when you are lying down or in bed, so that you are able to have a comfortable night's sleep.

If your entire leg is swollen the whole leg will be bandaged. This may seem a bit bulky at first, but it is the most effective way of reducing swelling - normally producing fast results.

How long will I need to wear the bandages?

Normally the bandage will be worn for a week at a time until the leg ulcer heals. This normally takes about 3 or 4 months.

If your limb is swollen, **Actico®** bandages can reduce swelling very quickly. Therefore your healthcare professional may change your bandages more frequently to start with.

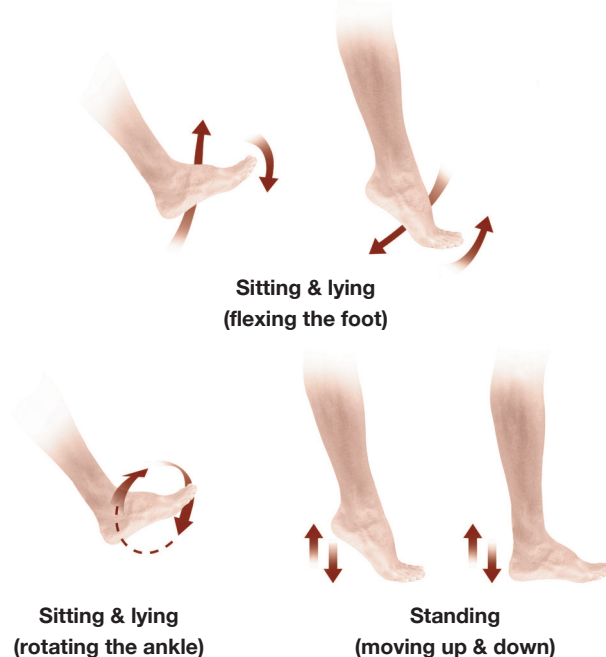
Staying active

Providing your normal footwear fits, it is beneficial to keep mobile as this will help your ulcer to heal more quickly, but remember the importance of elevating your legs when sitting.

Your normal shoes may not fit whilst wearing whole leg bandages. Talk to your nurse about this, as obtaining appropriate outdoor shoes will help you to go out and about.

Foot exercises while wearing bandages or hosiery

Exercise aids general fitness and wellbeing. If you are unable to go out, then these exercises will help. Elevate your affected limb when you can to assist blood and lymph flow. If your leg is bandaged, put it up when resting.



Actico® for arms

What is swelling (lymphoedema) of the arm?

Swelling of the arm results from lymph fluid which is unable to drain back into the lymphatic system as well as it should.

Arm lymphoedema affects 1 in 4 people who have received some form of treatment for breast cancer. This is the most common cause of arm swelling, but lymphoedema can result from other types of cancer. It can also be a condition you are born with - resulting from defects in the lymphatic system.

What will Actico® feel like?

The bandages will feel firm but comfortable and give the most 'squeeze' when you are up and about or moving your limb.

How long will I need to wear the bandages?

This varies depending on the amount and nature of the swelling. Your practitioner will advise on this. The bandages are generally used for a short period of time, prior to wearing an **ActiLymph®** armsleeve.

Staying active

It is important to remain active and to exercise as advised by your practitioner. However, it is important to rest your limb as well, especially if you feel tired or your limb is aching. Some of your normal tasks may be a little more difficult, particularly if your arm is bandaged. Speak to your practitioner if you experience any specific problems.

