

## Session Title

15 Minute Exercise Session with Music

**Plenary Session: Saturday, October 25 at 10:45am**

**Learning Stream: 1, 2 and 3**

## Session Summary

Exercise plays an important role in the treatment of lymphedema. My experience has shown, however, that patient compliance is often limited because the traditional exercise program is too long. I came to this conclusion during my interventions with pediatric patients of different age groups, who had primary lymphedema, and, most recently with adults who present with secondary lymphedema, following cancer treatment. To improve compliance, I am proposing a sequence of 5 exercises that should be taught and adapted to the patient's needs. This set of exercises takes approximately 12 minutes to complete. This program is based on Castley Smith's exercise sequence as well as on my training in RPG (Postural Reeducation). The pacing of the exercises and the completion of the sequence is facilitated when set to music.



**Marie Jutras** is a physiotherapist at The Lymphedema Support Centre of the Quebec Breast Cancer Foundation. She worked at the pediatric lymphedema clinic of the St. Justine Hospital Center from 2012 to 2014.