

Movement and activity for head and neck lymphoedema

Information for patients



Leeds Cancer
Centre

This leaflet is aimed at encouraging movement and activity for patients experiencing lymphoedema to the head and neck.

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Movement and activity for head and neck oedema

Move within your capability.

Movement and activity help your body's circulation. This might help reduce swelling. It makes the muscles contract and pushes oedema through lymph vessels.

If you notice any signs of infection to your treatment area; such as redness, heat, swelling, discharge and you may feel unwell – **seek medical attention by contacting your GP or 111 if out of hours.**

Positioning yourself at rest

When you're sitting or lying down, it helps to position yourself in a way that helps the lymph to drain.

With lymphoedema of your head and neck, sleep with 2 or 3 pillows to raise your head and help the fluid drain.



Deep breathing



Scan or click the QR code to watch the video by Cancer Research UK on YouTube:

www.youtube.com/watch?v=Rku5PGz48c8

- You can do these breathing exercises while sitting up in a chair or in bed, or while lying down.
- Relax your shoulders and upper chest.
- Rest one of your hands below your ribs.
- Take a slow, deep, comfortable breath in through your nose, feeling your hand rise as your tummy (abdomen) rises.
- Then slowly breathe out through your mouth, so your abdomen is flat again.
- Do this 5 times



Neck exercises



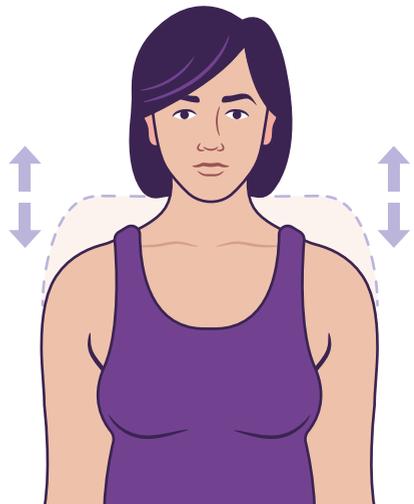
Scan or click the QR code to watch the video by Cancer Research UK on YouTube:

www.youtube.com/watch?v=RWjTkBM5Prw

- Head turns - turn your head to look over your shoulder as far as you can, hold for 2 seconds. Slowly go back to the start position. Repeat on the other side. Keep your shoulders still while doing this exercise.
- Head tilt - tilt your head towards one shoulder until you feel a stretch on the opposite side. Hold for 2 seconds then straighten up. Repeat on the other side. Keep your shoulders still while you're doing this exercise.
- Chin to chest - bend your neck down as far as you comfortably can so your chin is on your chest, hold for 2 seconds and then slowly bring your head back up so you are looking forward again.

Shoulder exercises

- Shoulders up and down - relax your shoulders, bring them up to your ears, relax then drop them back down. Repeat.
- Shoulder rotation - rotate your shoulder forward, then rotate them backwards.



Mouth exercises

- Open and close your mouth.
- Blow kisses, blow out imaginary candles.
- Smile - an exaggerated one.
- Say the vowels in an exaggerated way - a, e, i, o, u.
- Chew sugar free gum but only if you don't have any swallowing problems.

Jaw exercises

- Side to side - slide your lower jaw one way and then the other.
- Jaw forward - push your lower jaw forward then relax and repeat it.

Useful addresses and phone numbers



Lymphoedema support network

Tel: 0207 7351 4480

www.lymphoedema.org



Leeds cancer support

www.leedsth.nhs.uk/services/leeds-cancer-centre/leeds-cancer-support/

Leeds cancer support compliments care offered by your clinical team. We offer access to information and a wide range of support, in a welcoming environment for you, your family and friends.

We can be found in the information lounges in Bexley wing and also in the purpose built Sir Robert Ogden Macmillan centre.

Contact Numbers for Leeds Cancer Support

Information lounge level Minus 2 Radiotherapy department

Open Monday to Friday from 8:00am – 6:00pm

Tel: **(0113) 206 7603**

Information centre Level 1 Outpatients department

Open Monday to Friday from 10:00am – 4:00pm

Tel: **(0113) 206 8816**

Sir Robert Ogden Macmillan centre

Open Monday to Friday from 10:00am – 4:00pm

Tel: **(0113) 206 6498**

All above services can be emailed on:

Leedsth-tr.cancersupport@nhs.net



The Sir Robert Ogden Macmillan Centre (Leeds)

Tel: **0113 206 6498**

www.leedsth.nhs.uk/services/leeds-cancer-centre/leeds-cancer-support/sir-robert-ogden-macmillan-centre/

The centre is on the St James's Hospital site and offers a variety of support services including complementary and supportive therapies. Please contact the centre **0113 206 6498** to find out what we currently offer.



Sir Robert Ogden Centre (Harrogate District Hospital)

Tel: **01423 557 300**

Open from 8:00am – 6:00pm Monday to Friday

www.hdft.nhs.uk/services/cancer-services/sromc/



Maggie's Centre Leeds

Tel: **0113 457 8364**

www.maggies.org/our-centres/maggies-yorkshire/

Practical, emotional and social support for people with cancer. St James University Hospital, Alma Street, Leeds LS9 7BE



Macmillan cancer services

Freephone: **0808 808 0000**

www.macmillan.org.uk

7 days a week 8:00am – 8:00pm. Interpreters are available if required. For deaf or hard of hearing people dial **18001** followed by **0808 808 0000**.



Jayne Garforth Macmillan information centre

Tel: **01422 222 709**

Open 9:00am - 4:00pm Monday to Friday

www.cht.nhs.uk/services/clinical-services/oncology/cancer-information-and-support-service

Email: cancerinformationandsupport@cht.nhs.uk

The Calderdale Royal Hospital, Salterhebble, Halifax HX3 0PW



Cancer Care Centre

Tel: **01904 721 166** open 9:00am – 4:30pm

www.yorkhospitals.nhs.uk/our-services/organdonation/a-z-of-services/cancer-care/

York Hospital, Wiggington Road, York YO31 8HE



Cancer Support Yorkshire

Tel: **01274 776 688**

Open Monday to Friday 9:00am – 5:00pm

www.cancersupportyorkshire.org.uk/

Daisy House Farm, 44 Smith Lane,
Bradford BD9 6DA

You can contact the **Lymphoedema department** Monday to Friday during the day. Hours can vary; Tel: **0113 392 1807**



What did you think of your care?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

Scan or click the QR code - Your views matter

