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The information, workouts, training programs, and related content provided on this website are for educational and informational purposes only. They are not intended as medical advice, diagnosis, or treatment.

By using this website and participating in any exercise program, you acknowledge and agree to the following:

Assumption of Risk

Physical exercise involves inherent risks, including but not limited to muscle strains, sprains, falls, abnormal blood pressure, heart conditions, or other injuries. You voluntarily assume full responsibility for any risks, injuries, or damages that may result from participating in any exercises or activities described on this website.

Medical Clearance

You should consult your physician or other qualified healthcare provider before starting any new fitness program, especially if you are pregnant, postpartum, have a pre-existing medical condition, injury, or are taking medication. Do not disregard professional medical advice because of information found on this website.

Personal Responsibility

You agree to use proper judgment, listen to your body, and modify or discontinue exercises if you experience pain, dizziness, shortness of breath, or discomfort. Participation is entirely at your own risk.

No Guarantees

Results may vary. We do not guarantee specific fitness, health, or performance outcomes.

Limitation of Liability

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Rotational Head Stretch

Turn your head to one side as far as you can with no pain. Hold 2-5 seconds. Optionally use your same-side-hand to assist in turning the head further for a gentle stretch. Alternate sides. Return to starting position.

Levator Scapulae Stretch

Place your arm behind your back and then tilt your head to the opposite side, then rotate to the side, then tip downward like looking at a pocket on your shirt. Hold 2-5 seconds, returning to starting position. Alternate sides.



Arm behind back



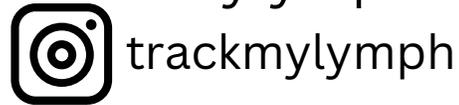
Pucker your lips last for a little extra stretch

Scalene Stretch

Place your hand overlapping on your breast bone/sternum. Next, tilt your head upwards and away toward one side until a gentle stretch is felt along the front and side of your neck. Hold 2-5 seconds. Alternate sides. Can optionally pucker lips for additional stretch during the hold. Return to starting position.

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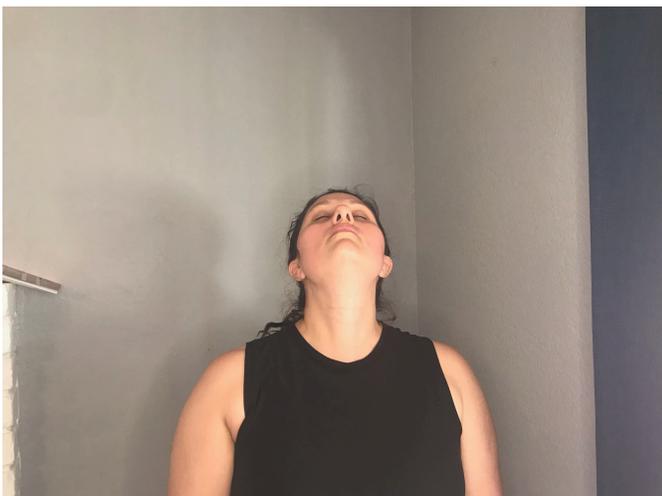
Cheek Stretch

Blow air in your cheeks, can do one side at a time or both together. Keep your lips sealed closed. Hold 2-5 seconds, relax. Don't forget to breathe. Alternate sides if doing one side at a time. Return to starting position.



Cervical Flexion

Gently stretch your head forward toward your chest. Optionally, apply slight pressure to deepen stretch from behind. Hold 2-5 seconds, return to starting position.



Cervical Extension

Gently stretch your head backward slightly. Hold 2-5 seconds, return to starting position.

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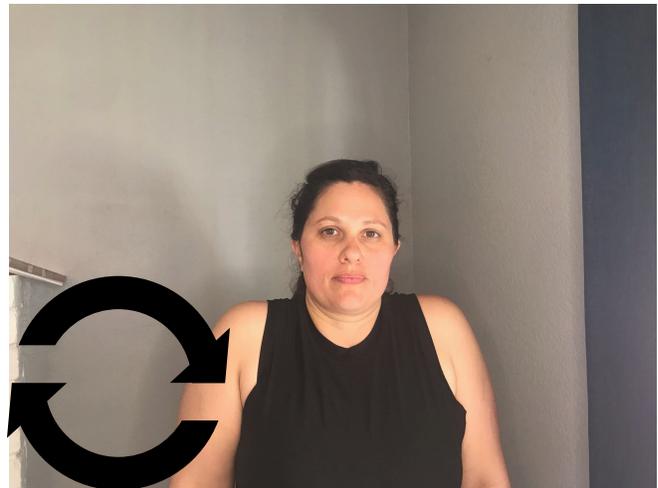


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Scapular Retraction

Squeeze your shoulder blades together, hold 2-5 seconds, release.



Shoulder Rolls

Move your shoulders in all directions, up, forward, down, back with making circles as big or small for your comfort. Repeat 10 times and then reverse 10 times.

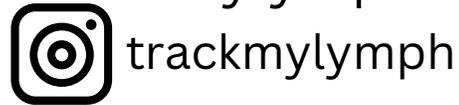


Tongue Stretch

Hold your tongue down toward your chin gently, stretch 2-5 seconds. Return your tongue to resting position in your mouth.

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Diaphragmatic Breathing

Lie on your back or sit upright in a comfortable chair. Relax your shoulders.

Place:

One hand on your chest

One hand on your belly

Breathe in slowly.

Feel your belly expand outward, The hand on your belly should rise.

The hand on your chest should barely move.



Cervical Side Bend Stretch

With your head straight and in good posture, tilt your head towards the side until you feel a gentle stretch on the lengthened side of the neck.

Optionally place very slight pressure with your fingers on your head to deepen the stretch.

Hold, then return back to starting position. Alternate sides. (Be sure to keep your eyes pointed straight ahead the entire time). Hold 2-5 seconds. Return to starting position.

