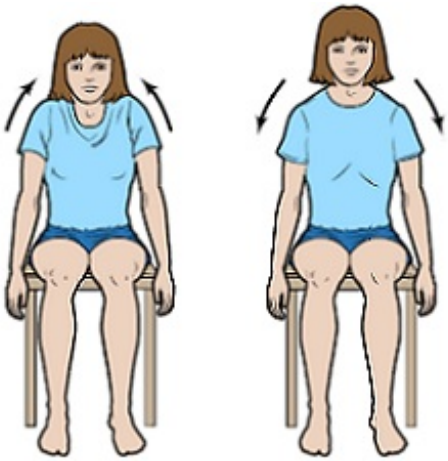
Memorial Sloan Kettering Cancer Center

[redacted]

[redacted] [redacted] [redacted] [

[redacted]।

- [redacted] ’[redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] ’[redacted] [redacted] [redacted], [redacted] ’[redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]।
  - [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] ’[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]। [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]



[redacted] 1 [redacted]
2। [redacted]

___ [redacted]।
[redacted] ___ [redacted]।

[redacted]

1. [redacted], [redacted]। [redacted] [redacted] [redacted] [redacted] [redacted] (3 [redacted])।

[redacted] 3. [redacted]

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2. ___ [redacted]।
3. [redacted]।

___ [redacted]।
[redacted] ___ [redacted]।

[redacted]

1. [redacted], [redacted] [redacted] [redacted] [redacted] (4 [redacted]).

4. [redacted]

2. ____ [redacted].
3. [redacted].

___ [redacted].
[redacted] ___ [redacted].

[redacted]

1. [redacted] ____ [redacted] (5 [redacted]).

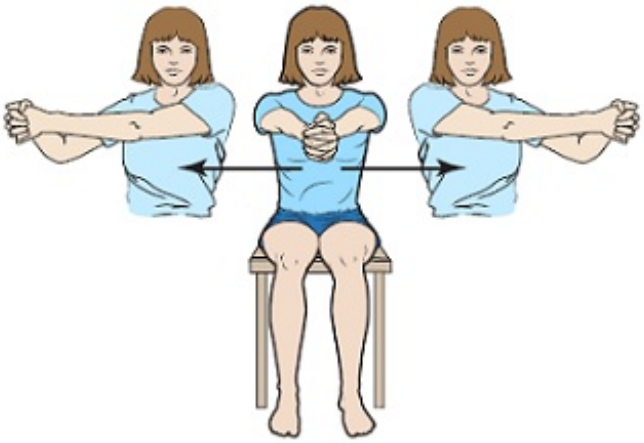
5. [redacted]

2. [redacted] _____ [redacted] [redacted] [redacted].
3. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].

[redacted] ___ [redacted] [redacted].

[redacted] [redacted] [redacted] [redacted] [redacted]

1. [redacted] [redacted] ,[redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].
2. [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (6 [redacted]).



[redacted] 6. [redacted] [redacted] [redacted] [redacted] [redacted]

3. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].
4. [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].
5. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].

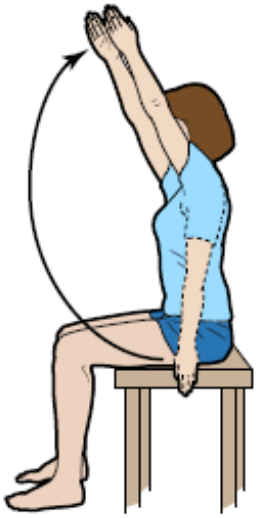
___ [redacted] [redacted].
[redacted] ___ [redacted] [redacted].

[redacted] [redacted] [redacted] [redacted]

[redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted]

[redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].

1. [redacted] [redacted] [redacted] [redacted] '[redacted] [redacted] [redacted] [redacted].
2. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (7 [redacted]).



[redacted] 7. [redacted] [redacted] [redacted] [redacted]

3. [redacted] [redacted] '[redacted] [redacted] [redacted].

___ [redacted] [redacted].
[redacted] [redacted] [redacted] [redacted] [redacted] ___ [redacted] [redacted].

[redacted] [redacted] [redacted] [redacted]

[redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].

1. [redacted] [redacted] [redacted] [redacted] '[redacted] [redacted] [redacted] [redacted].
2. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (8 [redacted]).

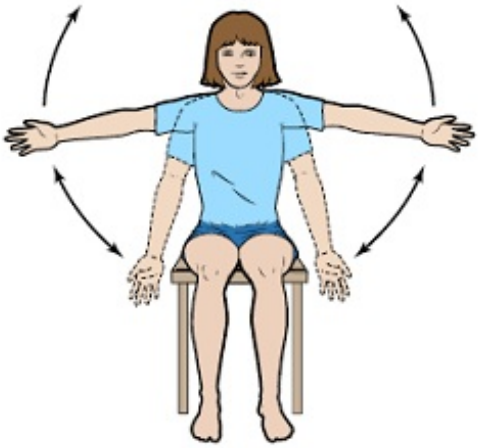
[redacted] 8. [redacted]

3. [redacted] ’[redacted] [redacted]।

___ [redacted]।
[redacted] [redacted] [redacted] [redacted] [redacted] ___ [redacted] [redacted]।

[redacted] [redacted] [redacted] [redacted]

1. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (9 [redacted])।



[redacted] 9. [redacted]

2. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]- [redacted] [redacted] [redacted] [redacted]। [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

[redacted].

3. [redacted] ’[redacted] [redacted].

___ [redacted].
[redacted] ___ [redacted].

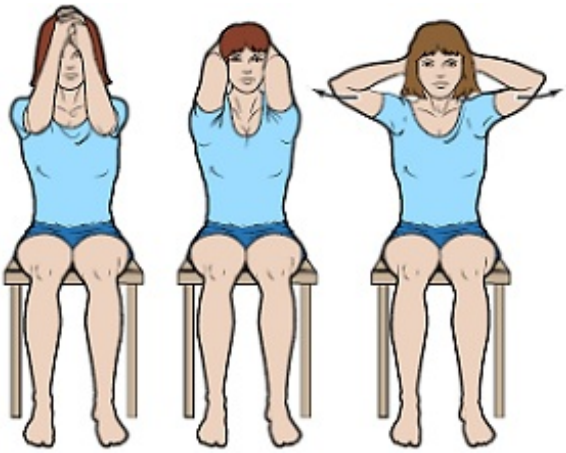
[redacted] 1 [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].

[redacted]

1. [redacted]. [redacted] 1 [redacted] [redacted] (10 [redacted]). [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

[redacted]

1. [redacted]-[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (11, [redacted]), [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (11, [redacted]).
2. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (11, [redacted]).



[redacted] 11. [redacted] [redacted] [redacted]

3. _____ [redacted] [redacted] [redacted] [redacted].
4. [redacted] [redacted] ,[redacted] [redacted] [redacted].

___ [redacted] [redacted].
[redacted] [redacted] [redacted] [redacted] [redacted] ___ [redacted] [redacted].

[redacted] [redacted] [redacted]

1. [redacted] [redacted] [redacted] [redacted] [redacted] ,[redacted] [redacted] [redacted] [redacted] [redacted] (12 [redacted]).
2. [redacted] [redacted] [redacted] [redacted] [redacted] ,[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (13 [redacted]).

[redacted] 13. [redacted]

[redacted] 12. [redacted]

3. [redacted] ’[redacted] [redacted]।
4. ____ [redacted]।
5. [redacted]।

[redacted] ___ [redacted]।
[redacted], [redacted]
[redacted]।

[redacted]

1. [redacted] ’[redacted] [redacted]।
2. 1 [redacted]

([redacted] 14 [redacted]).

3. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] '[redacted] [redacted] [redacted] ([redacted] 15 [redacted]).

[redacted] 14. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

[redacted] 15. [redacted] [redacted] [redacted] [redacted]

___ [redacted].
[redacted] [redacted] [redacted] [redacted] [redacted] ___ [redacted] [redacted].

[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].

[redacted]

1. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted], [redacted] [redacted] '[redacted] [redacted]. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].
2. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] ([redacted] 16 [redacted]).

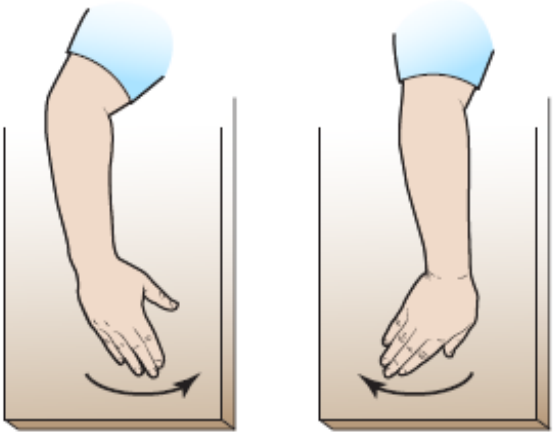
[redacted] 16. [redacted]

___ [redacted]
[redacted] ___ [redacted]

[redacted], [redacted]
[redacted]

[redacted]

1. [redacted] ’[redacted]
2. [redacted] (17 [redacted])



[redacted] 17. [redacted]
[redacted]

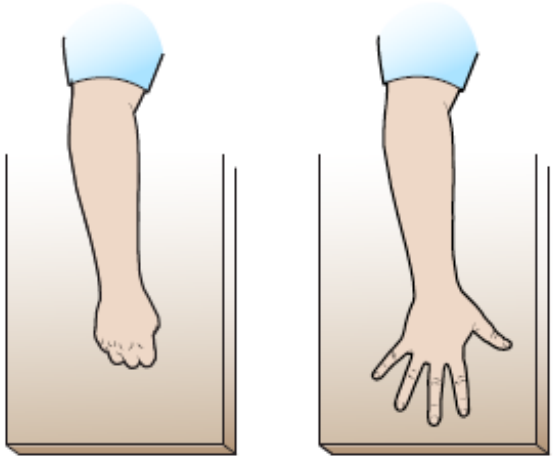
___ [redacted]

[redacted] ___ [redacted].

[redacted], [redacted] [redacted] [redacted] [redacted] [redacted].

[redacted]

1. [redacted] ’[redacted].
2. [redacted], [redacted] (18 [redacted]).



[redacted] 18. [redacted]

___ [redacted].
[redacted] ___ [redacted].

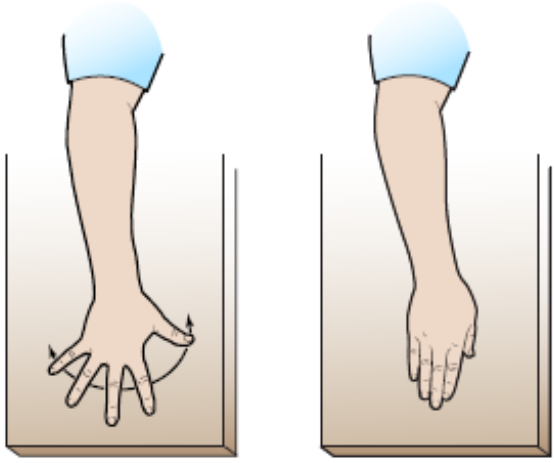
[redacted], [redacted] [redacted] [redacted] [redacted] [redacted].

[redacted]

1. [redacted]

[redacted] [redacted] [redacted] ’[redacted] [redacted]।

2. [redacted]-[redacted] [redacted] [redacted] [redacted]-[redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] (19 [redacted])।

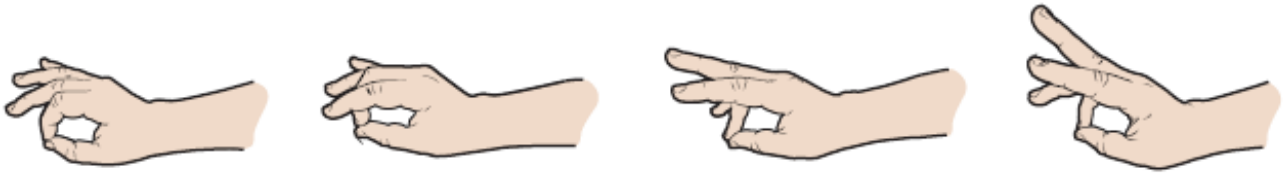


[redacted] 19. [redacted] [redacted] [redacted]

___ [redacted] [redacted]।
[redacted] [redacted] [redacted] [redacted] [redacted] ___ [redacted] [redacted]।

[redacted] [redacted] [redacted] [redacted]

[redacted] [redacted] [redacted] [redacted] [redacted] ’[redacted] [redacted] (20 [redacted])।



[redacted] 20. [redacted] [redacted] [redacted] [redacted]

___ [redacted] [redacted]।
[redacted] [redacted] [redacted] [redacted] [redacted] ___ [redacted] [redacted]।

[redacted] [redacted]

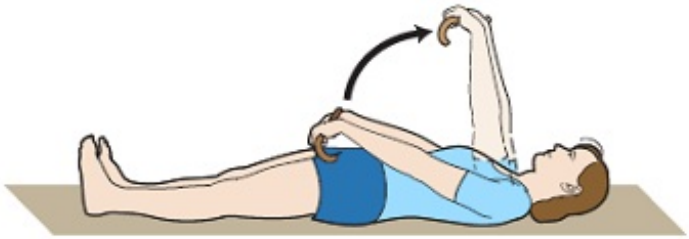
1. [redacted]
2. [redacted] (21 [redacted])[redacted]

[redacted] 21. [redacted]

___ [redacted]
[redacted] ___ [redacted]

[redacted]

1. [redacted]
2. [redacted]-[redacted] [redacted](22 [redacted])[redacted]



[redacted] 22. [redacted]

3. [redacted] ,[redacted] [redacted] |

___ [redacted] |
[redacted] ___ [redacted] |

[redacted]

[redacted] _____ ,[redacted] [redacted] [redacted]
[redacted] [redacted] [redacted] [redacted] |

> If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

[redacted] ,[redacted] [redacted] [redacted] [redacted] www.mskcc.org/pe '[redacted] |

Arm Exercise Program - Last updated on July 14, 2021
[redacted]