

## Ready to Row? Upper Body Exercise May be Beneficial for Women at Risk for Lymphedema.

Printed from <https://www.cancerquest.org/newsroom/2010/10/ready-row-upper-body-exercise-may-be-beneficial-women-risk-lymphedema> on 04/26/2026



Women who have had breast surgery and had lymph nodes removed from under their arms are at elevated risk of developing lymphedema. These women may have been told to limit exercise affecting this area of their bodies. New research suggests that upper-body exercise may be beneficial to these women and could actually reduce the risk of lymphedema.

Source

[http://journals.lww.com/ajnonline/Fulltext/2010/10000/Dragon\\_Boat\\_Racing\\_Life\\_...](http://journals.lww.com/ajnonline/Fulltext/2010/10000/Dragon_Boat_Racing_Life_...)

Learn More

[Learn More](#)