



Rhode Island Hospital

A Lifespan Partner

Rehabilitation Services

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5 Step Lymphedema Check

1. Make a fist with both hands. Look at your knuckles.
Are the knuckles on your left hand as prominent as on your right hand?
They should look the same.
2. Relax your hand. Pinch the skin on the back of your hand between your index and middle fingers. Can you lift it as easily on both hands ?
3. Turn your arms so your palms are facing up. Hold your arms out in front of you.
Look at the inside of your forearms. Do they look the same?
4. Bend your elbows. Hold them so your elbows are pointing away from you. Look at the inside of the forearm and around the elbow. Do they look the same? Can you see the boney elbow on both sides?
5. Hold your arms out to the side at shoulder height. Look at the underside of the muscle above your elbow. Do they look the same on each side?