

Recruitment n = 59

- Health care professionals
- Community groups
- Media – local radio and newspapers

Screening

Women with clinically diagnosed unilateral secondary arm lymphoedema from breast cancer treatment

- Six months post-breast cancer treatment
- >18 years; able to comprehend English

Exclusion criteria

- Primary lymphoedema, infections, recurrent cancer
- Psychological illness
- Receiving other lymphoedema treatment
- Commencement of new activity during trial

Did not participate n=31

Did not meet criteria n=13

Declined participation n=18

Baseline measurement n=28

Manual for best current care

Randomisation

Intervention n = 15; Control n = 13

Intervention

8 weekly teacher-led classes 1.5 hours long

- Home-based program by DVD 42 mins

Control

- Usual care-manual
- Wait-listed yoga post-week 12 measurement

Week 8 measurement n=12

Lost to:

- surgery (1)
- broken hip (1)
- acute illness (1)

Week 8 measurement n=11

Lost to:

- became guardian for grandchild (1)
- acute illness (1)

Week 12 measurement n=9

Lost to:

- recurrent cancer (1)
- acute illness (1)
- overseas (1)

Week 12 measurement n=10

Lost to:

- recurrent cancer (1)

Control group

8 weekly teacher-led classes and DVD home-practice