

Exercising with a Hickman Line

Is it safe to exercise with a Hickman Line?

Yes, it is safe to exercise with a Hickman line. However to avoid damage to your line, please follow the advice below.

Are there any exercises I should avoid?

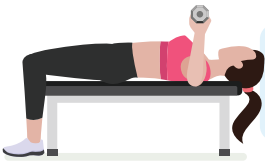
You should avoid any exercises that involve:



Lifting weight above your head, for example an overhead press.



Pushing up through your arms, for example a press up.



Pushing through your chest, for example a chest press.



Stop any exercises that pull on your Hickman line.

What exercises are safe to do?

All leg and any upper body exercises that don't pull on your Hickman line are safe to do. They won't affect your Hickman line.

