

Exercising with a PICC Line

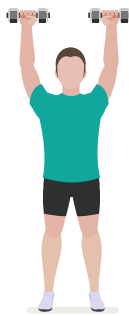
Is it safe to exercise with a PICC Line?

Yes, it is safe to exercise with a PICC 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.



Repeated bending of your elbows, for example bicep curls.



Lifting weights that are heavier than 4.5kg (10 pounds).



Stop any exercises that pull on your PICC line.

What exercises are safe to do?

All leg and arm exercises with a straight elbow below shoulder height are safe to do. They won't affect your PICC line.

