Recruitment  
- 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

Week 8 measurement  
- n=12
  Lost to:
  surgery (1)
  broken hip (1)
  acute illness (1)

Week 12 measurement  
- n=9
  Lost to:
  recurrent cancer (1)
  acute illness (1)
  overseas (1)

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

Week 8 measurement  
- n=11
  Lost to:
  became guardian for grandchild (1)
  acute illness (1)

Week 12 measurement  
- n=10
  Lost to:
  recurrent cancer (1)

Control group
- 8 weekly teacher-led classes and DVD home-practice