

## Lower Extremity Edema Management Exercises – Supine

Perform these slowly. *Do not push into pain.*

### 1. Breathing exercises

- Take a slow deep breath in through your nose
- Keep your neck and shoulders relaxed
- Exhale slowly through your mouth with pursed lips like you are blowing out a candle



Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

### 2. Start by clearing the lymph nodes.

- Neck, under arm, abdominal, groin, behind knee

Do 10 repetitions

### 3. Gluteal Sets

- Squeeze buttocks
- Hold and then relax



Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

### 4. Quad Sets

- Push knees down to straighten
- Hold and then relax



Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

*Continued*

### 5. Ankle Pumps

- Pump ankles up and down

Do \_\_\_\_ repetitions \_\_\_\_ times per day.



### 6. Toe Curls

- Curl toes toward the bottom of your foot

Do \_\_\_\_ repetitions \_\_\_\_ times per day.



### 7. Ankle Circles

- Clockwise and counterclockwise

Do \_\_\_\_ repetitions \_\_\_\_ times per day.



### 8. Heel Slides

- Bring heel toward buttocks and then back down

Do \_\_\_\_ repetitions \_\_\_\_ times per day.



### 9. Supine Hip Abduction

- Slide heel out to the side and then back in

Do \_\_\_\_ repetitions \_\_\_\_ times per day.

