

# 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

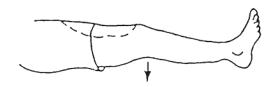
Do \_\_\_\_\_repetitions \_\_\_\_\_times per day.

### 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.









