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.