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.