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.
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.