

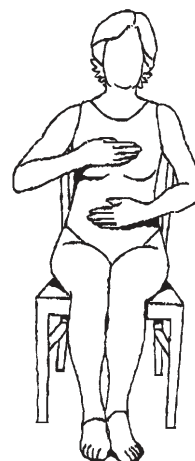
## Lower Extremity Edema Management Exercises – Supine

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.



### 5. Ankle Pumps

- Pump ankles up and down

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



### 6. Toe Curls

- Curl toes toward the bottom of your foot

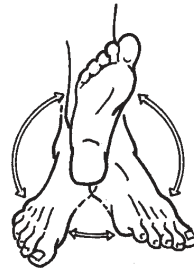
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 7. Ankle Circles

- Clockwise and counterclockwise

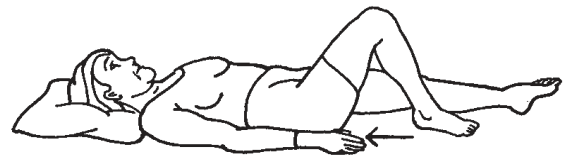
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 8. Heel Slides

- Bring heel toward buttocks and then back down

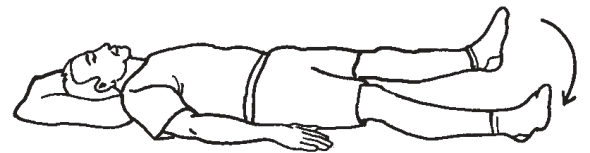
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 9. Supine Hip Abduction

- Slide heel out to the side and then back in

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



*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*