

Patient information

Lower limb exercises - lower level

Ankle pumps

Lying or sitting, bend and straighten your ankles slowly. Point toes away from you then pull back towards you.

Repeat up to 10 times.



Toe taps

While sitting, lift your heels up off the ground as high as you can. Then lift your toes keeping your heels down.

Repeat up to 10 times.



Knee flexion

Sit on a chair with your feet on the floor. Bend your knee as much as possible by pulling your leg backwards.

Hold for 3 seconds then relax.

Repeat up to 10 times



Seated marching

Sitting on a chair, lift your leg up off the seat keeping the knee bent. Return to starting position. "marching on the spot"

Repeat up to 1 minute.



Knee extension

Sitting on a chair, tighten your thigh muscle and straighten your knee. Hold position for 5-10 seconds.

Repeat up to 10 times on each leg.



Straight leg raise

Lying on your back, keeping your knee straight, tighten your thigh muscle and lift your leg approx. 5 cm off the bed. Hold for 5 secs.

Repeat up to 10 times on each leg.



Bridging

Lying on your back with knees bent and feet on the floor.

Lift your pelvis and lower back off the bed. Hold the position. Lower down slowly, returning to the starting position.

Repeat up to 10 times.



Hip abduction

Lying on your back, bring your leg out to the side and then back to mid position.

Protect heels from bed surface if fragile.

Repeat up to 10 times on each leg.

Static quads

Lying on your back with legs straight, pull your toes up and push one knee down firmly into the bed. Hold 5 seconds then relax.

Repeat up to 10 times on each leg



Why exercise is important

Having Lymphoedema doesn't mean that you shouldn't or won't be able to exercise any more.

In fact, keeping physically active has many benefits. It stimulates the flow of lymph fluid and reduces swelling. It also helps keep your joints flexible, strengthens your muscles and improves your posture.

It's important to start slowly and gradually build up what you do.

This leaflet will guide you through some simple exercise to aid your self-management and reduce oedema and limb volume.

Please ask your Lymphoedema Nurse or therapist if you are unsure of any of the exercises shown in this leaflet.

Go slow, start low and listen to your limb!

Useful information and websites

Lymphoedema Support Network (LSN)

St Luke's Crypt, Sydney Street, London, SW3 6NH.

Telephone 020 7351 4480 (for information and support)

Telephone 020 7351 0990 (administration)

email: adminlsn@lyphoedema.freeserve.co.uk

Website: www.lymphoedema.org

British Lymphoedema Society (BLS)

The Garth House, Rushey Lock, Tadpole Bridge, Buckland Marsh,
Nr Farringdon, Oxfordshire, SN7 8RF

Telephone: 01452 790178

Email: info@thebls.com

or visit BLS website

Macmillan Cancer Support

Telephone 0808 808 00 00 (Monday to Friday, 9.00am – 8.00pm)

Or visit their website www.macmillan.org.uk

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>

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