

Patient information

Lower limb exercises – moderate level

Sit to stand

Stand up and then sit down slowly on a chair. (This can be made easier and more difficult by changing the height of the chair) if you can, try without pushing up with your hands. Please use chair arms if needed!

Repeat up to 10 times.



Mini squats

Stand holding onto support. Slowly bend your knees keeping your back straight and heels on the floor.

Repeat up to 10 times.



Marching on the spot

Stand on the spot, either supported or unsupported. March your legs up and down.

Continue for up to 2 minutes.



Hip extension

Stand straight holding on to something steady ie: worktop. Bring your leg backwards almost like you are kicking a door closed. Do not lean forwards.

Repeat up to 10 times.



Hip abduction

Stand straight holding on to a support. Lift your leg sideways, leading with the heel and hold it out for 5 seconds. Bring it back keeping your back straight throughout the exercise.

Repeat up to 10 times.



Heel/toe raise

Stand with your knees straight and hold on to a support i.e. work surface. Alternately stand on your toes and heels.

Repeat up to 10 times.



Forward lunge

Stand straight, take a step forward and bend your knees. Return to the starting position. Please use support if needed!

Repeat up to 10 times.



Walking

Try to walk as much as tolerated, either around your home or out and about. Please use an aid if needed!



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

The 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)

e-mail: 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

e-mail 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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