

Client Name _____



Right Lower Limb Exercise and Self Massage Program

The following routine should be performed _____ per day.



This routine can be performed while sitting.

Exercise and massage are important for managing the swelling in your leg.

Exercise:

- Works your muscles, which assists with moving the lymph fluid away from the swollen area.
- It keeps your joints flexible, maintaining and improving your range of movement.
- It can help you maintain a healthy weight, which can reduce the swelling.

Exercise can also help you feel better about yourself and reduce stress and anxiety.

Make sure you sit up straight with your back well supported.

Massage:

- Assists moving the lymph fluid away from the swollen area to an area free of swelling.
- By doing this it improves the health of the skin.

The following are some simple exercises and massage techniques to get you started. They should not cause pain and redness. For further information or if you have any questions talk to your health practitioner.

Practitioner Name: _____ Date : _____

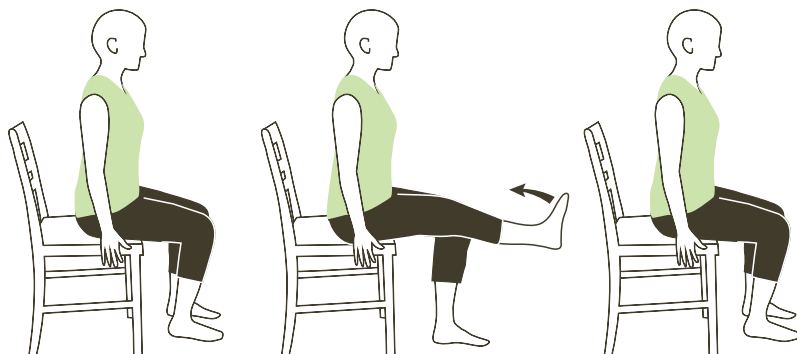
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Exercises

- 1** Bring your right knee towards your chest.
Do _____ of these.
Repeat with your left leg.

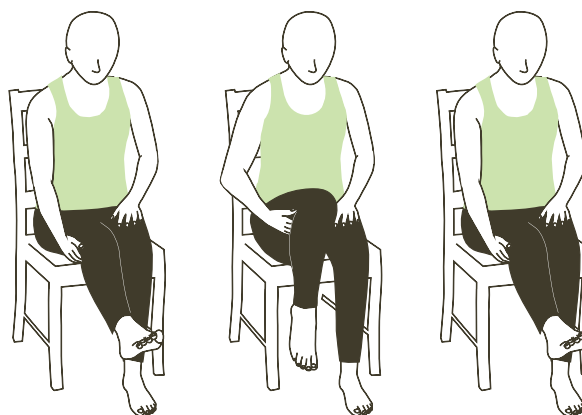


- 2** With your feet flat on the ground, straighten your right knee and pull your toes towards you.
Hold for _____



Do _____ of these.
Repeat with your left leg.

- 3** Place your hands just above the crease of your right knee and bend your knee 10 times against your hand.
Repeat with your left leg.



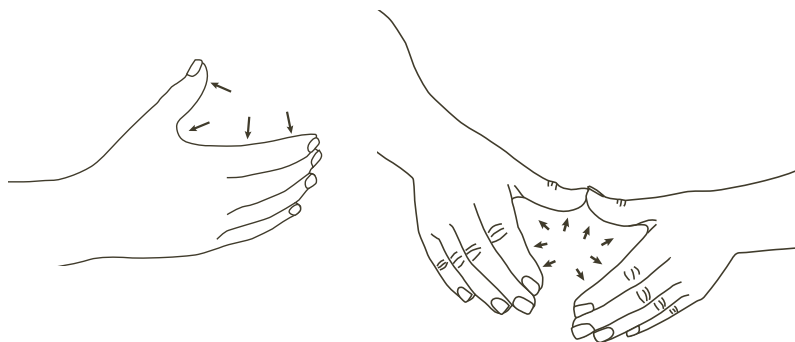
Practitioner Name: _____ Date : _____

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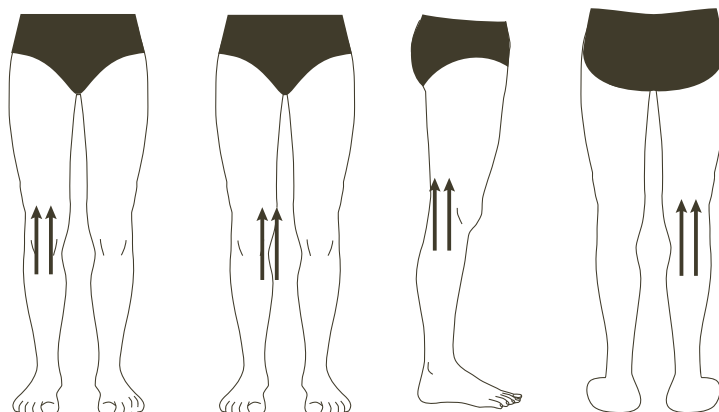
Massage

NOTE The massage shouldn't cause any redness to the skin.

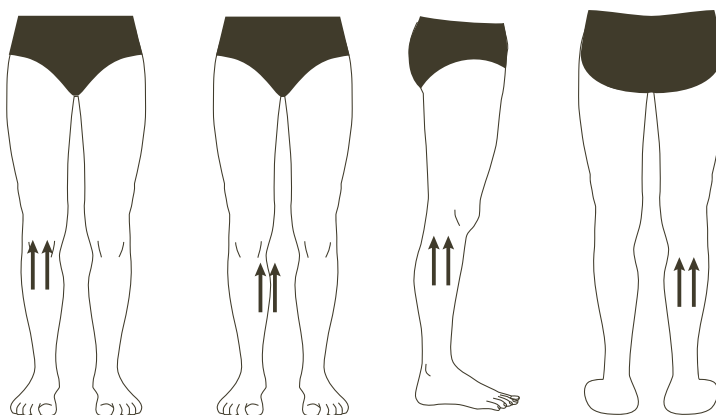
Use the web space of the thumb and index finger on both hands to stroke upwards.



- 4 If the swelling extends to the knee stroke upwards from the bottom of the knee to above the knee. 10 times on the front, back and both sides.



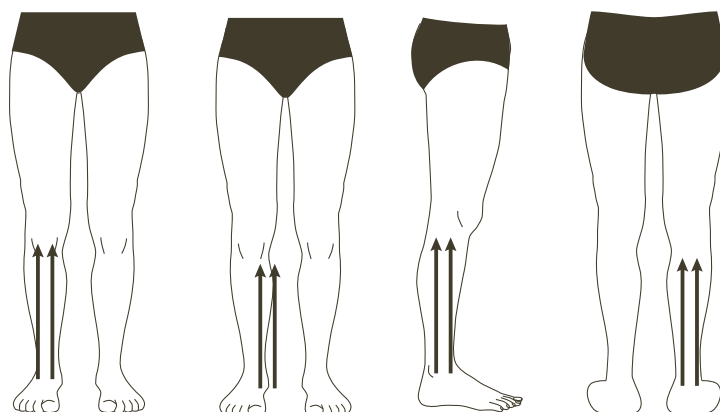
- 5 Using the web space of the thumb and index finger on both hands stroke upwards from the middle of your calf to your knee 10 times on the front, back and both sides. If you can't reach use a paint roller. Ask the health practitioner treating you.



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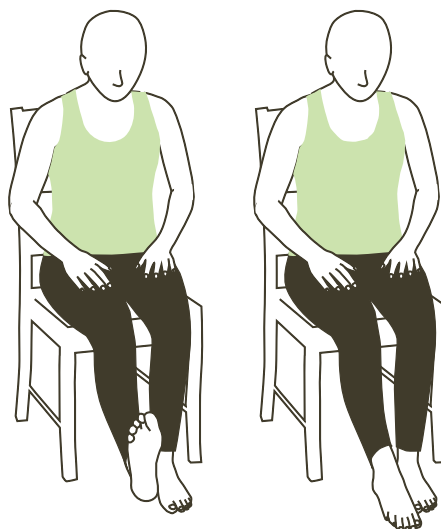
Client Name _____

- 6 Using the web space of the thumb and index finger on both hands stroke upwards from your ankle to your knee 10 times on the front, back and both sides.



Exercises

- 7 Slowly pull your right foot up towards your face and then point your foot down. Repeat 10 times. Repeat with your left foot.



- 8 Slowly turn your right foot in a clockwise direction 10 times. Repeat in an anti-clockwise direction 10 times. Repeat with your left foot.

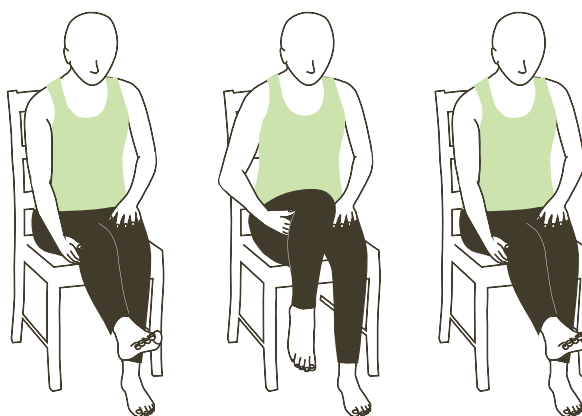


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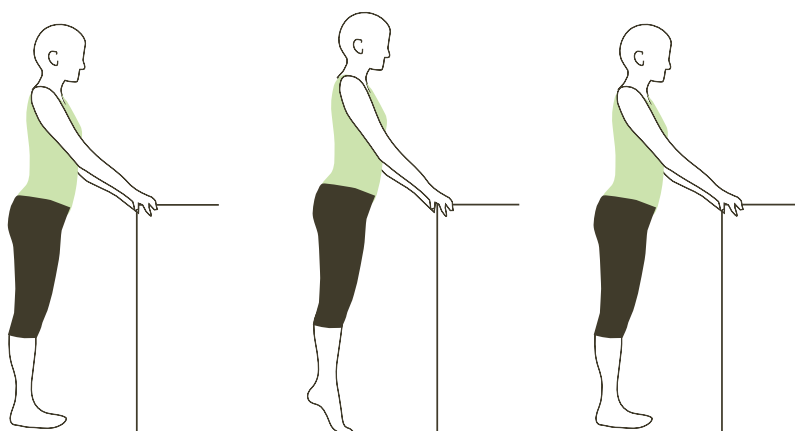
- 9 Place your hand just above the crease of your right knee and bend your knee 10 times against your hand.

Repeat with your left leg.



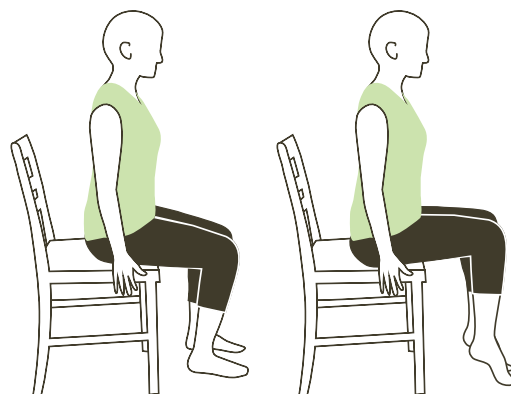
- 10 If your balance is adequate, in the standing position hold onto the kitchen bench and lift your heels up slowly and then return to the ground.

Repeat _____



If you can't do this exercise in standing, sit in a chair with your feet flat on the ground. Raise your heels upwards while keeping your toes on the floor. Lower your heels to the ground.

Repeat _____



- 11 Try and walk 15 to 20 minutes per day, 3 to 5 days a week. Initially this can be broken up into short walks such as two lots of 10 minutes per day. You might find a pedometer and a log book useful to track your progress. Discuss this with your therapist. Gradually increase your walking each week.

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