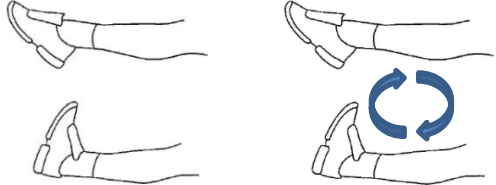
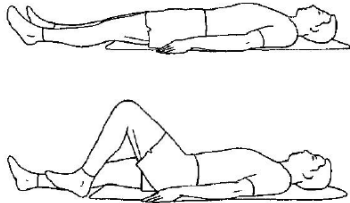
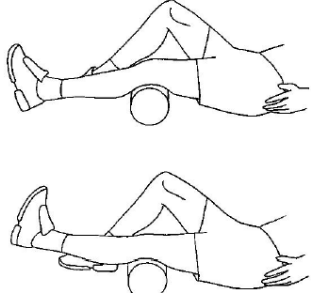
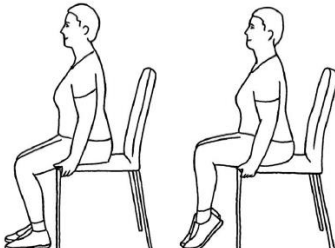
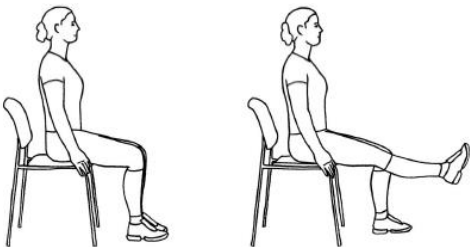


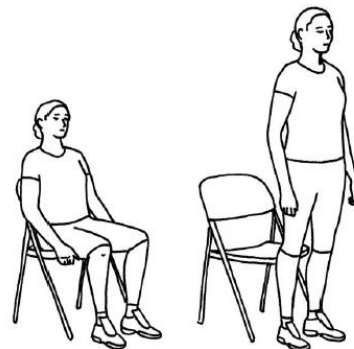
## Leg exercises for lymphoedema treatment

<p><b>1. Ankle Pumps:</b></p> <p>Moving at the ankle, bring your toes up towards you and then point your toes towards the floor. Repeat 5-10 times. The action of pumping the calf muscles will help lymph to drain. Try circling your ankle if it is swollen to reduce stiffness.</p>	 <p>The illustrations show four views of a leg and foot. The top-left shows the foot flexed (toes up). The top-right shows the foot pointing down (toes down). The bottom-left shows the foot in a neutral position. The bottom-right shows the foot with a blue circular arrow indicating a clockwise rotation of the ankle.</p>
<p><b>2. Heel slides:</b></p> <p>Whilst lying on your back, slide your heel towards your bottom. If you can, slowly bring your knee towards your chest. Return to the start position. Repeat 5-10 times.</p>	 <p>The illustrations show a person lying on their back. The top image shows the legs straight out. The bottom image shows the person pulling their knees towards their chest, with their heels sliding towards their buttocks.</p>
<p><b>3. Inner range quads:</b></p> <p>Lying on your back, place a rolled up towel under one knee, push your knee into the towel and lift your heel off the floor. You should feel your thigh muscle contract. Hold for 5 seconds and slowly lower back to the bed. Repeat 5-10 times.</p>	 <p>The illustrations show a person lying on their back with a rolled-up towel under one knee. The top image shows the person pushing the knee into the towel and lifting their heel. The bottom image shows the person lowering their heel back to the floor.</p>
<p><b>4. Heel Raises:</b></p> <p>Sitting, with your knees bent and your feet on the floor. Keeping your toes in contact with the floor, lift your heels off the floor. Repeat 5-10 times.</p>	 <p>The illustrations show a person sitting on a chair with feet flat on the floor. The top image shows the person sitting normally. The bottom image shows the person lifting their heels off the floor.</p>
<p><b>5. Leg raises:</b></p> <p>Sitting in a chair with your back straight and well supported, straighten your leg pulling your toes up towards the ceiling. Bend your knee to return your foot to the floor. Repeat 5-10 times.</p>	 <p>The illustrations show a person sitting on a chair. The top image shows the person sitting with legs bent. The bottom image shows the person straightening one leg and pulling the foot up towards the ceiling.</p>

**6. Sit to stand:**

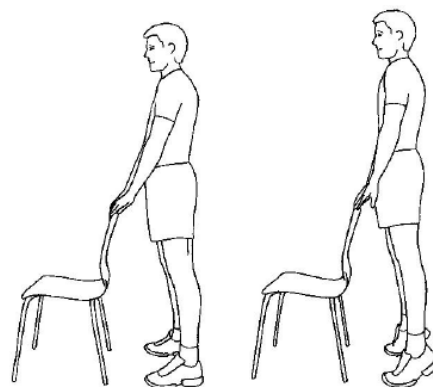
Practise sitting and standing from a chair up to 10 times. Place both feet on the floor, lean forwards and push up through both legs.

To make the exercise easier use your hands to push up or stand from a higher chair. To make the exercise harder cross your arms across your body and stand from a lower chair.



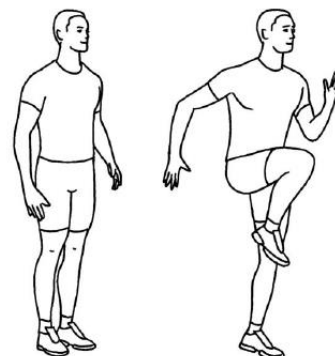
**7. Try to avoid standing for long periods. If unavoidable, try to frequently shift your weight from side to side and try the following exercise:**

**Standing heel raises:** Hold on to a steady surface in front of you for balance if needed, such as a kitchen work surface or the back of a chair. Lift your heels off the floor rising up onto the balls of your feet and then slowly lower your heels. Repeat 5-10 times.



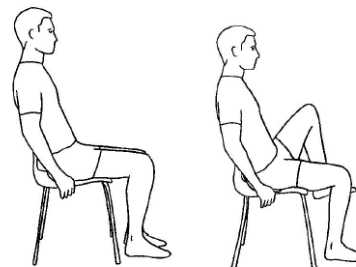
**8. Marching on the spot:**

Stand holding a steady surface if needed. March on the spot for up to one minute. To make the exercise harder you can raise your knees higher or increase your speed.



**9. Marching on the spot - sitting:**

To make the exercise easier, sit in a chair with your back straight and well supported and march on the spot for up to one minute.



If you have any further questions, please contact the Lymphoedema Service:

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**NHS**