

## Lower Extremity Lymphedema Exercises

Perform all exercises \_\_\_\_\_ repetitions, \_\_\_\_\_ times a day.

Perform them slowly and hold 3 to 5 seconds. *Do not push into pain.*

### 1. Start by clearing the lymph nodes.

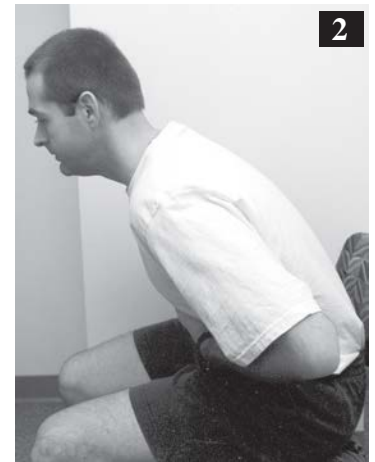
Neck, under arm, groin, behind knee – 10 times

Armpit/Axilla – 10 times

Groin – 10 times

Knee – 10 times

- 2. Diaphragmatic breathing** – Inhale through your nose. As you breathe in, your stomach should push out and your upper chest should move as little as possible. Exhale through your mouth, letting your stomach sink back in as you slowly bend at the hips. *Repeat up to 5 repetitions.*



### 3. Hip flexion

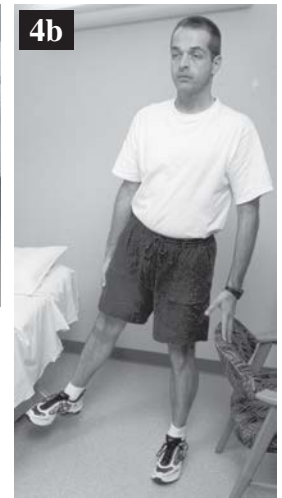
- a. Lying** – Bring your knee up toward your chest as far as possible, then back down.
- b. Sitting** – Bring your knee up toward your chest, then back down, as if marching in place.
- c. Standing** – While holding onto a stable surface, bring your knee up toward your chest as far as possible, then back down, as if marching in place.



*Continued*

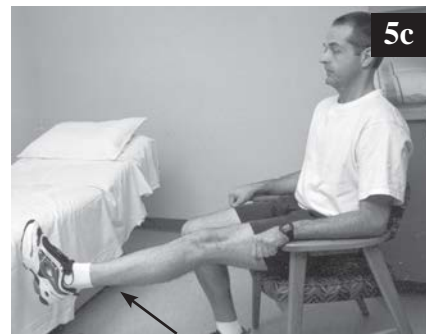
#### 4. Hip abduction

- a. **Lying** – Lying on your back, slide your leg out to the side, then back in. Keep your knee straight and toes pointing straight up.
- b. **Standing** – While holding onto a stable surface, bring your leg out to the side, then back in. Keep your knee straight and toes pointed forward.



#### 5. Knee flexion and extension

- a. **Lying** – Slide your heel up toward your hips, bending at your knees, then back down.
- b. **Sitting** – Raise your foot up, straightening your knee as far as possible, then bend your knee back as far as possible.
- c. **Standing** – While holding onto a stable surface, raise your foot back, bending your knee as far as possible, then straighten your knee and rest your foot on the floor.



#### 6. Ankle pumps

- a. **Lying** – Pull your foot/toes up toward you as far as possible, then point them down.
- b. **Sitting** – Pull your foot/toes up toward you as far as possible, then point them down.



Continued

### 7. Ankle circles

*Lying or sitting* – Move your ankle in a circle clockwise, making as large of a circle as possible. Repeat in counterclockwise direction.



### 8. Toe scrunches

*Lying or sitting* – Curl your toes down as far as possible, then pull them up as far as possible.



***Repeat all exercises in reverse order, starting with with #8 and ending with node clearing.***