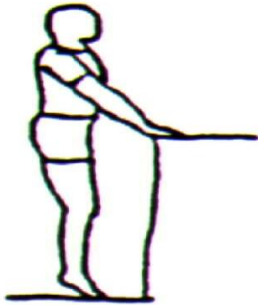


## Lower Leg Exercises for Prevention of and Treatment for Lymphedema

**NOTE:** These recommended movements/sets/reps are a BASIC MINIMUM per day.  
Be aware of sitting or standing for more than an HOUR at a time! Get up and MOVE!



Calf Raises

15x/3x day



Knee Flexion/Extension

15x/3x day



Hip Flexion/Extension

15x/3x day



Heel slides – sitting or lying down

15x/3x day

\*\*\* If necessary, use a towel to slide your heel toward you \*\*\*



Ankle Flexion – Sitting or lying down

15x/3x day