Burn Care Exercise Program
Lower Body Exercises for Edema Management

Instructions
✓ These exercises will help lower the swelling in your legs.
✓ You should do each of these exercises 10 times during every hour that you are awake.
✓ It is best to do these exercises while lying on your back.

Ankle pumping
• Move your foot up and down. Repeat this 10 times.

What are your questions? Please ask.
Therapist: ___________________________________
Phone: ________________________________________
Ankle circles
• Make a circle with your foot.
• Repeat this 5 times in a clockwise direction, and 5 times in a counter-clockwise direction.

Glute squeezes
• Squeeze your buttocks together.
• Hold for 5 seconds.
• Relax and repeat 10 times.

Knee to chest
• Lie down on your back and start with your leg flat on the bed.
• Bend your knee and bring it towards your chest as far as you can.
• Relax your leg back into the starting position.
• Repeat 10 times.