

Burn Care Exercise Program

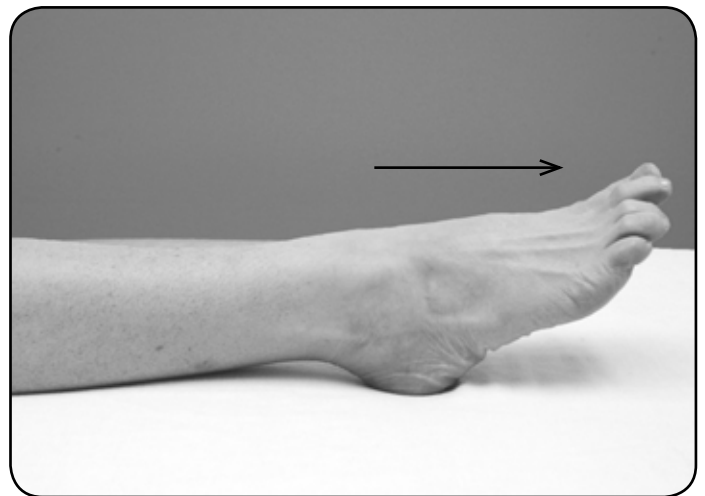
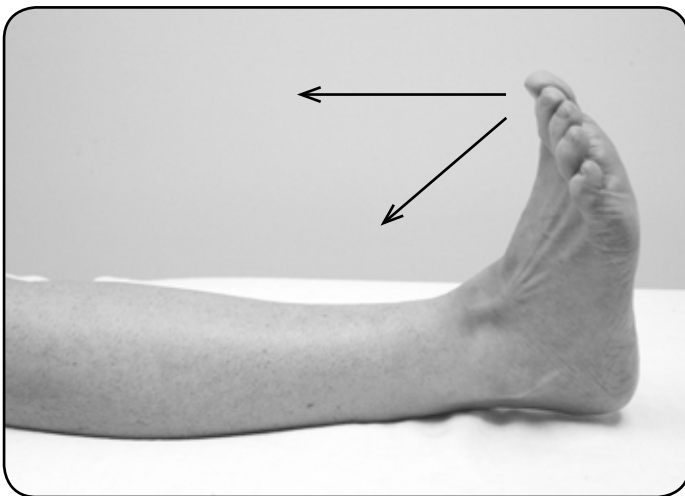
Lower Body Exercises for Edema Management

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.



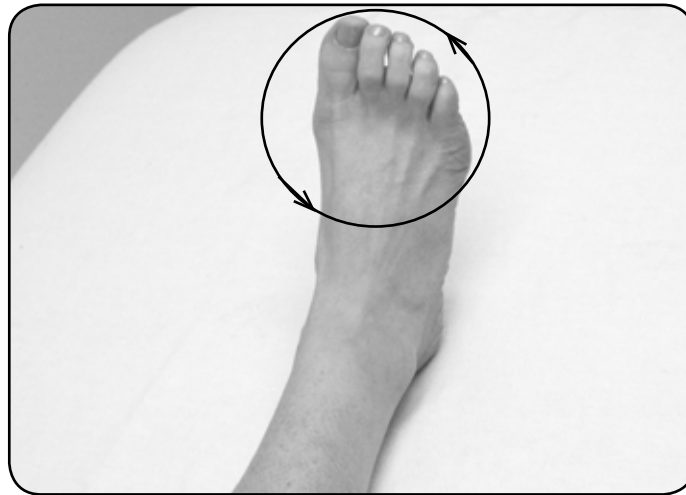
What are your questions? Please ask.

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.



*Prepared by: Rehabilitation Services
Designed by: NSHA Library Services*