



## Basics of Movement, Activity and Exercise for Lower Limb Lymphoedema

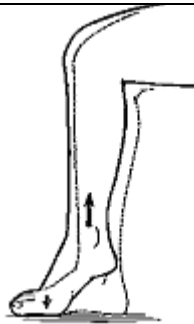
Gentle movement, exercise and activities will help the muscles pump lymph fluid through your body. Exercise can help you improve and maintain flexibility and keeps the bones strong. Being more active supports a healthy weight too, and it may even improve how you feel emotionally.

### Leg Exercises to Encourage Lymph Drainage

- Repeat 10 times on both sides
- You can increase the number of repetitions as you get stronger



Roll your foot in a circle. Repeat in the opposite direction



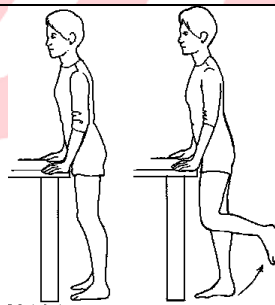
Place your foot flat on the floor. Tap your heels



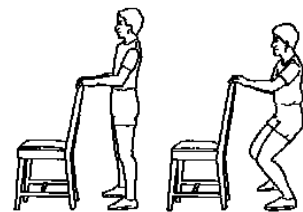
Sit with your feet down. Straighten and bend your knee



Stand holding on to a firm surface (e.g. table). Lift one foot off the floor as high as you can. Lower it down slowly



Stand holding on to a firm surface. Bend your knee, lifting your foot behind you then lower



Stand holding on to a firm surface. Bend both your knees slowly and then slowly stand up

Follow the link or QR code to view a short video: [www.medic.video/w-lymph](http://www.medic.video/w-lymph)

