

Leg Exercises

Exercises to help your child recover after surgery

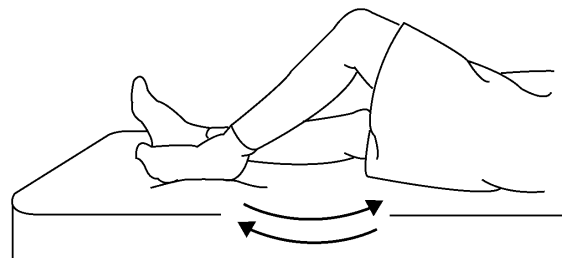
After surgery your child should start these exercises while lying in bed. It will help if the head of the bed is raised a little. Later on, your child can do them while sitting in a chair.

The nurse or physiotherapist will tell you which exercises are most important and how often your child needs to do them. This will depend on the type of surgery that your child had. Your child may need to do these exercises every hour, while awake, for the first few days after surgery.

Leg exercises help to keep blood circulating well in your child's legs. Your child should not cross his or her legs while lying down or sitting up.

Exercise One: Slide the heel

- Lie in bed with both legs straight.
- Bend one knee, sliding the foot up the bed.
- Then gently slide the foot down the bed, until the leg is straight.
- Repeat 10 times with this leg.
- Repeat the exercise with the other leg.



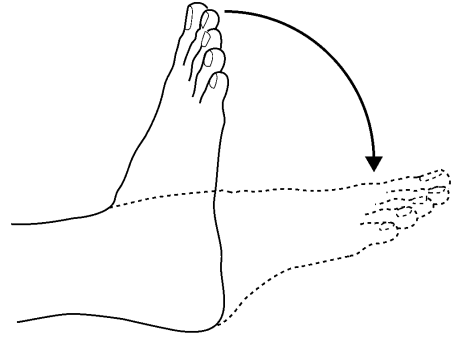
Exercise Two: Point and flex the feet

If your child is lying down:

- Straighten both legs.
- Point and flex the feet 10 times.

If your child is sitting up:

- Extend one leg, straight out in front.
- Point and flex the foot 10 times.
- Relax and lower the leg.
- Repeat with the other leg.



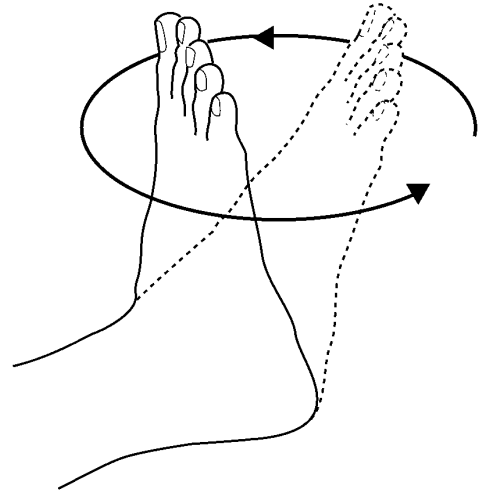
Exercise Three: Circle your foot

If your child is lying down:

- Straighten both legs.
- Circle one foot clockwise 10 times.
- Circle this foot counter-clockwise 10 times.
- Repeat with the other foot.

If your child is sitting up:

- Extend one leg, straight out in front.
- Circle one foot clockwise 10 times.
- Circle this foot counter-clockwise 10 times.
- Relax and lower the leg.
- Repeat with the other foot.



Moving and walking

Early activity after surgery will help your child's recovery and will help prevent problems that can happen after surgery.

Your nurse or Physiotherapist will help your child to move in and out of bed, and will help your child walk.