

## Lymphedema exercises – lower body – for women

Try to do these exercises throughout your day as you do your daily activities.

1



1. Sit up straight, feet on the floor and arms relaxed.
2. Take a deep breath in through your nose, letting your stomach balloon out.
3. Breath out through your nose as you relax your stomach.
4. Repeat 5 times.

1. Sit or stand up straight.
2. Slowly tilt your head toward your shoulder until you feel a stretch.
3. Hold for 3 seconds.
4. Tilt to other side.
5. Repeat 5 times in both directions.



2

3



1. Sit or stand up straight.
2. Turn your head slowly to one side, until you feel a stretch.
3. Hold for 3 seconds.
4. Turn to the other side.
5. Repeat 5 times in both directions.

1. Sit or stand up straight.
2. Lift both shoulders up to your ears.
3. Drop shoulders and relax.
4. Repeat 5 times.



4

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1. Sit or stand up straight.
2. Roll shoulders in a circle backward then forward.
3. Repeat 5 times in both directions.



5

6



1. Sit with your back straight and feet on the floor.
2. Do “breast stroke” swimming movement with both arms.
3. Repeat 5 times.

1. Lie down with your knees bent.
2. Pull pelvic muscles up and in.
3. Hold about 3 seconds.
4. Repeat 5 times.



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### Heel sliding



8

1. Lie down. Slide the heel of foot near your bottom.
2. Slowly slide foot back down.
3. Slide other leg.
4. Repeat 5 times with both legs.

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**Knee hugs**

1. Bend and hug knee close to chest.
2. Hold for 3 seconds.
3. Bring foot back to floor and do the other knee.
4. Repeat 5 times with both legs.



9

10



**Riding a bike**

1. While on your back, move your legs in the air as if you are riding a bike.
2. Ride the bike for 1 minute.



11

1. Ankle pumps, do both together or one at a time.
2. Bend at the ankle.
3. Point toes away from body.
4. Point toes up.
5. Repeat 10 times.

12



1. Sit in a chair.
2. Pull your toes up, tighten thigh muscle and straighten knee.
3. Make 5 large circles with foot clockwise and then counter clockwise.
4. Repeat 5 times with both legs.

please turn over →

# 13



## Back stretch

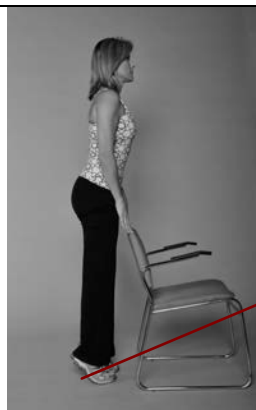
1. Bend both knees. Feet flat on the floor.
2. Move both knees to the right.
3. With shoulders on the floor, stretch out arms.
4. Turn head to opposite side of knees.
5. Hold for 3 seconds.
6. Return to middle, and stretch to other side.
7. Repeat 3 to 5 times in both directions.

1. Spread your toes and squeeze a tennis ball.
2. Repeat 5 times with each foot.



# 14

# 15



1. Stand. Hold onto a chair for balance if needed.
2. Push up on toes.
3. Repeat 5 times.