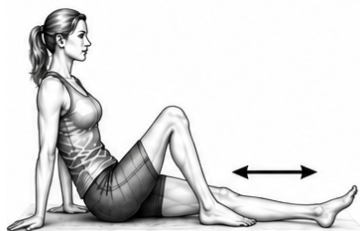


Lower Body Exercises for Prevention of and Treatment for Edema

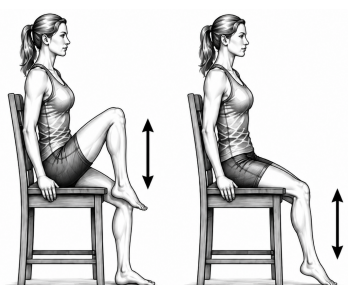
This is the BASIC MINIMUM recommended per day - get up & MOVE!

DO NOT sit or stand for more than an HOUR at a time!



Hip: heel slides - seated or lying down 15 reps/3x day

** If necessary, use a towel to slide your heel towards you*



Hip: hip hikes - flexion/extension 15 reps/3x day



Knee: flexion/extension 15 reps/3x day



Calf Raises: ankle flexion/extension 15 reps/3x day



Ankle Pumps: flexion/extension 15 reps/3x day