Exercises	Mon			Tues			Wed			Thurs			Fri			Sat			Sun		
	am x 5	md x 5	pm x 5	am x 5	md x 5	pm x 5		md x 5	pm x 5	am x 5		pm x 5	am x 5	md x 5	pm x 5	am x 5	md x 5	pm x 5	am x 5	md x 5	•
1. Wiggle your toes.																					
2. Move your ankles up and down slowly and as hard as possible. Feel the muscle in your calf tighten.																					
3. Circle each ankle anticlockwise, then clockwise.																					
4. Bend and straighten your knee.																					
5. Place your hands on your left knee and push down while trying to lift your leg up. Repeat with right leg.																					
6. Pull your toes upwards, tighten thigh muscles and hold for the count of three.																					
7. Place your hands on the inside of your knees. Try to squeeze your knees together while resisting this with your hands.																					
8. Place your hands on the outside of your knees. Try to open your knees while resisting with your hands.																					

Leg Ulcer Management Team contact details

01384 321425 (9am to 5pm, Monday to Friday)

Leg Ulcer Management Team Brierley Hill Health and Social Care Centre Venture Way Brierley Hill DY5 1RU

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本,请拨打电话: 0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosura poate fi pusa la dispozitie tiparita cu caractere mari, versiune audio sau in alte limbi, pentru acest lucru va rugam sunati la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی ، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ ہےبرائے مہربانی فون نمبر 08000730510پر رابطہ کریں۔



Exercises to improve ulcer healing and prevent them coming back

Leg Ulcer Management Team

Patient Information Leaflet

Introduction

This leaflet is for people who have a problem with the circulation of blood their lower leg. This leaflet gives you more information on exercises you can do to improve your circulation. This should make your ulcer heal faster and prevent it from coming back.

How do I prepare for the exercises?

Get yourself into a comfortable position. You may find it easier to do these exercises while lying on the bed or sofa. It is best to do the exercises while wearing your compression bandages or stockings.

Before exercising your legs, do some deep breathing. Place your hands on your tummy and breathe slowly in and out five times and feel this pushing your hands outwards.

Then follow the exercises on the chart in this leaflet. Do each exercise five times to begin with, increasing up to 20 times. Repeat the exercises two to three times a day, using the chart to record your progress.