



FOOT AND LEG EXERCISES

Aster
HOSPITAL

We'll Treat You Well



Digital Version



Foot and leg exercises also help you to get better sooner and prevent problems like blood clots. You may also have SCD stockings (Sequential Compression Devices) on your legs (the stockings inflate and deflate to keep good blood flow in your legs).

Do these exercises every hour while you're awake.

A. Ankle Pump

1. Pump your ankles up and down for 1 minute.
2. Relax both feet.
3. Repeat 5 times then relax.



B. Ankle Circles

1. Circle both ankles; first to the right, and then to the left.
2. Repeat 5 times then relax.



If your surgeon says you can:

1. Bend each knee alternatively, sliding your foot up along the bed and then back down.
2. Repeat 5 times then relax.

CHANGING POSITIONS

Change your position every hour while awake, or as directed by your nurse. It's important to move often to prevent problems like a lung infection, blood clots, and weak muscles.

WALKING

- For your safety, it's important to have a physical therapist with you the first time you get up and remember to wear proper footwear.
- At first you may need some help. As you become stronger, you'll be able to move around more on your own. You may need to take short rests in between walks.
- It's normal to feel dizzy and uncomfortable when you first get up. Remember to move slowly. If you have more pain or dizziness, please tell your nurse or physical therapist.
- The goal is to be able to walk in the hall several times a day.

All Exercises should be done as per the prescribed dosage and frequency for maximum benefit.

Caution: You should stop exercise immediately if pain increases/persists. Consult a physiotherapist



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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