The Tissue Viability/Leg Ulcer Team has developed this leaflet with acknowledgement to the Leg Ulcer Forum:



The leaflet provides general advice but does not cover all cases. If you have any concerns, please discuss them with members of staff; or you can contact NHS Direct (0845 4647).

## **Useful numbers**

Main hospital switchboard: 020-7794 0500 Appliances: (020-7794 0500) ext. 34513 Dermatology: (020-7794 0500) ext. 33508 Podiatry: (020-7794 0500) ext. 33554

Tissue viability service: (020-7794 0500) ext. 33882

Transport office: (020-7794 0500) ext. 31472 Vascular studies: (020-7794 0500) ext. 33932

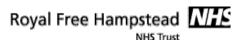
PALS (Patient Advice & Liaison Service): 020-7830

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## **Websites**

www.legulcerforum.org www.nhsdirect.nhs.uk

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## Exercises to improve your ulcer healing and prevent recurrence

If you following an exercise programme it can contribute to faster healing of your leg ulcer and also help prevent future ulceration.

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

Before exercising your legs do some deep breathing: place your hands on your stomach and breathe slowly in and out five times, and feel yourself pushing your hands outwards. Then follow the exercises on the chart overleaf.

Do each exercise five times to begin with, increasing to up to 20 times.

Do exercises two to three times a day, using the chart to record your progress.

Exercises	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	am x 5	md 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	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	pm x 5
1. Wiggle your toes																					
2. Move ankles up & down slowly & as far as possible. Feel the muscle in your calf tighten																					
3. Circle each ankle clockwise then anticlockwise																					
4. Bend then straighten the knee																					
5. Place hands on your left knee & push down while trying to lift leg up. Repeat with right leg.																					
6. Pull toes upwards, tighten thigh muscles & hold for count of 3.																					
7. Place hands on the inside of knees & try to squeeze knees together while resisting with hands.																					
8. Place hands on outside of knees & try to open knees while resisting with hands.																					