



Happier | Healthier | Hopeful

Exercises to improve ulcer healing and prevent recurrence

Following an exercise programme can contribute to faster healing of your leg ulcer and also prevent future ulceration.

Get yourself into a comfortable position. You might find it easier to do these exercises whilst lying down. It is best to do your exercises while wearing your bandages or elastic 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 yourself pushing your hands outwards.

Do each exercise five times to begin with, increasing up to 20 times. Repeat exercises two to three times per day, using your chart to record your progress.

EXERCISES	Mon.			Tues.			Wed.			Thurs.			Fri.			Sat.			Sun.		
	am	md	pm	am	md	pm	am	md	pm	am	md	pm	am	md	pm	am	md	pm	am	md	pm
1. Wiggle your toes	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5
2. Move your ankles up and down slowly and as hard as possible and feel the muscle in your calf tighten																					
3. Circle each ankle anticlockwise, then clockwise																					

EXERCISES	Mon.			Tues.			Wed.			Thurs.			Fri.			Sat.			Sun.		
	am	md	pm	am	md	pm	am	md	pm	am	md	pm	am	md	pm	am	md	pm	am	md	pm
	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5	x5
4. Bend and straighten knee																					
5. Place your hands on your left knee and push down while trying to lift leg up and repeat with right																					
6. Pull toes upwards, tighten thigh muscles and hold for the count of 3																					
7. Place your hands on the inside of your knees and try to squeeze your knees together while resisting this with your hands																					
8. Place your hands on the outside of your knees and try to open knees while resisting with your hands																					

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful

ID CS138 Version 2 Issue date: November 2017 Review date: November 2019