

Physical Therapy TOOLKIT

Edema (Swelling) Control of the Leg(s)

- Keep your leg(s) up, as much as you can. Support your leg(s) with a pillow under your calf.



- Apply a cold pack to your hip-knee-ankle-foot (circle). It should not be colder than 59°F (15°C).

Apply cold pack for _____ minutes, _____ times a day.

- Lightly massage your foot and leg with lotion. Start at your foot and move up toward your hip.

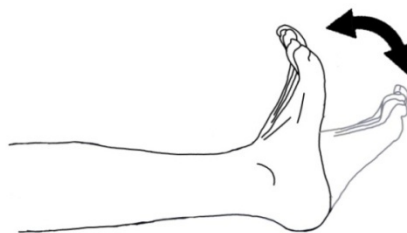
Massage for _____ minutes, _____ times a day.

- Wear a compression stocking.

Wear the stocking _____.

- Apply elastic therapeutic tape to _____.

- Pump your ankles _____ times a day.

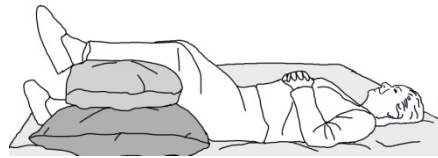


⌘ General Hospital

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