

## BMDA Leg Exercises to Improve Lymphatic Function

### General Instructions

- Do exercises slowly, in a controlled manner.
- Do the exercises in the order listed below.
- Do each exercise 5 repetitions, 2 to 3 times each day.
- Wear your compression garment(s) or leg bandages when exercising if you have them.
- Do diaphragmatic breathing during each repetition.

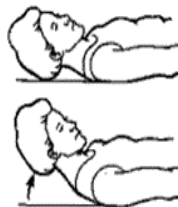
### Diaphragmatic Breathing

Place your hands on your stomach. Breathe in slowly through your nose so that your stomach pushes out against your hand and your belly rounds like a balloon. Breathe out so that the “balloon deflates”. Focus on breathing into your stomach instead of the upper chest.



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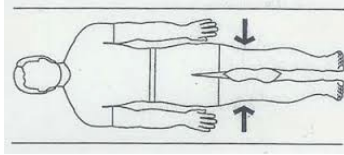
1. Raise your head off the pillow as you breath out. Lower your head down as you breath in. Repeat 5 times



2. Slide your right hand toward your right knee as you breath out. Breath in when you return to the starting position. Repeat on the other side and alternate between the left and right side. Repeat 5 times.



3. Place a pillow between your knees and squeeze your knees together and release. Repeat 5 times.



4. Slide your foot towards you, or lift your knee to your chest if you are able to do so, as you breath in. Breathe out as you straighten your leg and repeat for the other side. Alternate between the right and left leg. Repeat 5 times alternating each time.



5. Point your toes away and then toward your head while keeping your knees straight. Repeat 5 times.



6. Make ankle circles in a clockwise and then counterclockwise direction. Repeat 5 times.



7. Curl your toes together and then spread them apart. Repeat 5 times.

