

Lower Extremity Edema, Lymphedema and CVI  
**Conservative Treatment Plan**

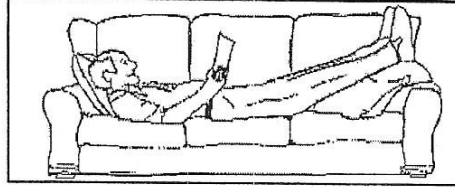
TREATMENT START DATE

\_\_\_\_/\_\_\_\_/\_\_\_\_

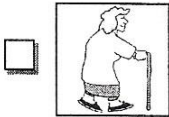
Patient: \_\_\_\_\_ DOB: \_\_\_\_\_

**1. Elevation**

Directions: When reclining such as in bed or on a sofa, rest legs on an elevated surface. Legs should be elevated above your heart. Do not cross your legs.

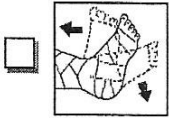


**2. Exercises**



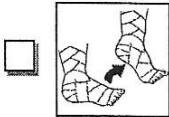
**Walking:**

Taking walks at your own pace is a great way to increase blood flow and circulation. Be certain to follow your physicians instructions before beginning this or any other exercise routine.



**Sitting/Lying Flexes:**

Whenever sitting or lying, you can increase blood flow by flexing your foot. Point toes down as far as you can and then flex up as far as you can. Repeat often.



**Standing Heel Raises:**

When standing, bring your heel off the ground and stand on your toes. Hold for a few seconds. Repeat. (Make sure you have something sturdy to hold on to!)

**3. Graduated Compression**

Description: Profore, Stocking Compression, Bandaging, Unnaboots, etc

Type of Compression: \_\_\_\_\_

Notes:

Physician/Clinician Signature: \_\_\_\_\_

Please Print Name Here: \_\_\_\_\_

\*\*Tear Off Below\*\*

\*\*Please Retain top portion for Patient's Chart\*\*

\*\*Tear Off Below\*\*

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**2. Exercises**

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**Sitting/Lying Flexes:** Whenever sitting or lying, you can increase blood flow by flexing your foot. Point toes down as far as you can and then flex up as far as you can. Repeat often.

**Standing Heel Raises:** When standing, bring your heel off the ground and stand on your toes. Hold for a few seconds. Repeat. (Make sure you have something sturdy to hold on to!)

**3. Graduated Compression**  
 Wear your compression garments daily as prescribed.