

Lower Extremity Edema, Lymphedema and CVI
Conservative Treatment Plan

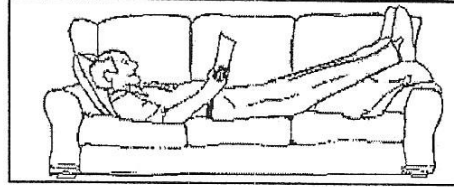
TREATMENT START DATE

____/____/____

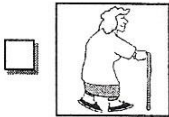
Patient: _____ DOB: _____

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.

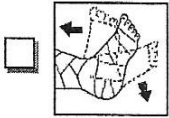


2. Exercises



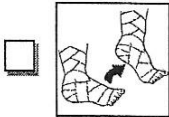
Walking:

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