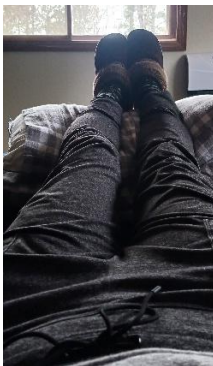


Home Exercises to Help Swollen Ankles and Feet

- A. Inversion- lay on the bed or floor. Place your legs against the wall or headboard.



- B. Ankle pumps-bending at the ankle, quickly moving ankle up and down.
[ankle pumps video.gif](#)
- C. Toe pumps-bending just the toes up and down, toe crunches with a washcloth.
[toe pumps video.mp4](#), [toe crunches video.mp4](#)
- D. Feet out to side-heel stays stationary while feet move sideways and down like a windshield wiper.
[windshield wiper video.mp4](#)
- E. Move your legs back and forth rapidly while laying down.
[leg wiggle video.gif](#)
- F. Lay flat on bed. Elevate your legs with 2 bed pillows under your calves for 15 minutes.
To increase blood flow to the brain.



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Dietary and Lifestyle Helpers:

1. Drink a lot of fluid which helps release sticky lymphatic fluid.
2. Drink Herbal Ginger Tea daily.
3. Eat plenty of fresh green vegetables daily and 2 servings of fresh fruit specifically berries, cherries, green apples, peaches, pears.
4. Avoid long periods of sitting without getting up.
5. Exercise daily if able.
6. Do simple stretches.
7. Use a rebounder mini trampoline
8. Dry Brushing

The only way to move your lymph is with muscle and movement.

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