

# Movement and activity for chronic leg oedema and Lymphoedema

Information for patients



Leeds Cancer  
Centre

This leaflet is aimed at encouraging movement and activity for patients experiencing chronic oedema and lymphoedema to the legs.

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## **Movement and activity for chronic leg oedema and lymphoedema**

Move within your capability.

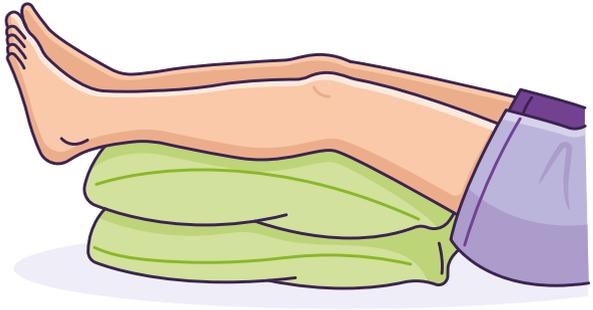
Movement and activity help your body's circulation. This might help reduce swelling. It makes the muscles contract and pushes oedema through lymph vessels.

If you notice any signs of infection to your treatment area; such as redness, heat, swelling, discharge and you may feel unwell – **seek medical attention by contacting your GP or 111 if out of hours.**

## Positioning yourself at rest

When you're sitting or lying down, it helps to position yourself in a way that helps the lymph to drain. With leg oedema, when at rest try not to sit with your legs down. Instead, either lie up on the sofa or put your leg up on a stool or chair.

Make sure you fully support your leg with a cushion or pillow under the knee. Also, try to avoid sitting for long periods of time.



## Deep breathing



Scan or click the QR code to watch the video by Cancer Research UK on YouTube:

[www.youtube.com/watch?v=Rku5PGz48c8](https://www.youtube.com/watch?v=Rku5PGz48c8)

- You can do these breathing exercises while sitting up in a chair or in bed, or while lying down.
- Relax your shoulders and upper chest.
- Rest one of your hands below your ribs.
- Take a slow, deep, comfortable breath in through your nose, feeling your hand rise as your tummy (abdomen) rises.
- Then slowly breathe out through your mouth, so your abdomen is flat again.
- Do this 5 times.

## Leg oedema



Scan or click the QR code to watch the video by Cancer Research UK on YouTube:

<https://www.youtube.com/watch?v=2PKkdyBRu1k>

- Wear your compression garment when you're exercising if you have one. Try to do some exercises every day.
- Try to repeat each exercise 5 to 10 times.
- Marching - you can march on the spot or do this sitting down, lift one knee and then put it down, then lift the other knee and put it down.
- Hip rotations - bring your foot forward and draw a semi-circle, keep your other knee slightly bent, hold on to a stable surface if you need help with your balance
- Curl your toes up and then stretch them out.
- Knee exercises - sit on a chair and do marching
- Lift your foot off the floor then straighten and bend your leg.
- Ankle raises - raise your heels off the floor so you feel a squeeze in your calf muscles, relax down so your feet are flat on the floor then repeat.
- With your heel on the floor point your toes away from you then pull your toes towards your chin, you can do this sitting in a recliner chair or lying in bed.
- Lift your foot off the floor or bed, then circle your ankle clockwise, then anticlockwise.
- Other types of exercise can also help to get your leg muscles moving, such as walking, swimming or cycling.

## Useful addresses and phone numbers



### Lymphoedema support network

Tel: 0207 7351 4480

[www.lymphoedema.org](http://www.lymphoedema.org)



### Leeds cancer support

[www.leedsth.nhs.uk/services/leeds-cancer-centre/leeds-cancer-support/](http://www.leedsth.nhs.uk/services/leeds-cancer-centre/leeds-cancer-support/)

Leeds cancer support compliments care offered by your clinical team. We offer access to information and a wide range of support, in a welcoming environment for you, your family and friends.

We can be found in the information lounges in Bexley wing and also in the purpose built Sir Rober Ogden Macmillan centre.

### Contact Numbers for Leeds Cancer Support

#### Information lounge level Minus 2 Radiotherapy department

Open Monday to Friday from 8:00am – 6:00pm

Tel: (0113) 206 7603

#### Information centre Level 1 Outpatients department

Open Monday to Friday from 10:00am – 4:00pm

Tel: (0113) 206 8816

#### Sir Robert Ogden Macmillan centre

Open Monday to Friday from 10:00am – 4:00pm

Tel: (0113) 206 6498

All above services can be emailed on:

[Leedsth-tr.cancersupport@nhs.net](mailto:Leedsth-tr.cancersupport@nhs.net)



### The Sir Robert Ogden Macmillan Centre (Leeds)

Tel: **0113 206 6498**

[www.leedsth.nhs.uk/services/leeds-cancer-centre/leeds-cancer-support/sir-robert-ogden-macmillan-centre/](http://www.leedsth.nhs.uk/services/leeds-cancer-centre/leeds-cancer-support/sir-robert-ogden-macmillan-centre/)

The centre is on the St James's Hospital site and offers a variety of support services including complementary and supportive therapies. Please contact the centre **0113 206 6498** to find out what we currently offer.



### Sir Robert Ogden Centre (Harrogate District Hospital)

Tel: **01423 557 300**

Open from 8:00am – 6:00pm Monday to Friday  
[www.hdft.nhs.uk/services/cancer-services/sromc/](http://www.hdft.nhs.uk/services/cancer-services/sromc/)



### Maggie's Centre Leeds

Tel: **0113 457 8364**

[www.maggies.org/our-centres/maggies-yorkshire/](http://www.maggies.org/our-centres/maggies-yorkshire/)  
Practical, emotional and social support for people with cancer. St James University Hospital, Alma Street, Leeds LS9 7BE



### Macmillan cancer services

Freephone: **0808 808 0000**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

7 days a week 8:00am – 8:00pm. Interpreters are available if required. For deaf or hard of hearing people dial **18001** followed by **0808 808 0000**.



### Jayne Garforth Macmillan information centre

Tel: **01422 222 709**

Open 9:00am - 4:00pm Monday to Friday

[www.cht.nhs.uk/services/clinical-services/oncology/cancer-information-and-support-service](http://www.cht.nhs.uk/services/clinical-services/oncology/cancer-information-and-support-service)

Email: [cancerinformationandsupport@cht.nhs.uk](mailto:cancerinformationandsupport@cht.nhs.uk)

The Calderdale Royal Hospital, Salterhebble,  
Halifax HX3 0PW



### Cancer Care Centre

Tel: **01904 721 166** open 9:00am – 4:30pm

[www.yorkhospitals.nhs.uk/our-services/organdonation/a-z-of-services/cancer-care/](http://www.yorkhospitals.nhs.uk/our-services/organdonation/a-z-of-services/cancer-care/)

York Hospital, Wigginton Road, York YO31 8HE



### Cancer Support Yorkshire

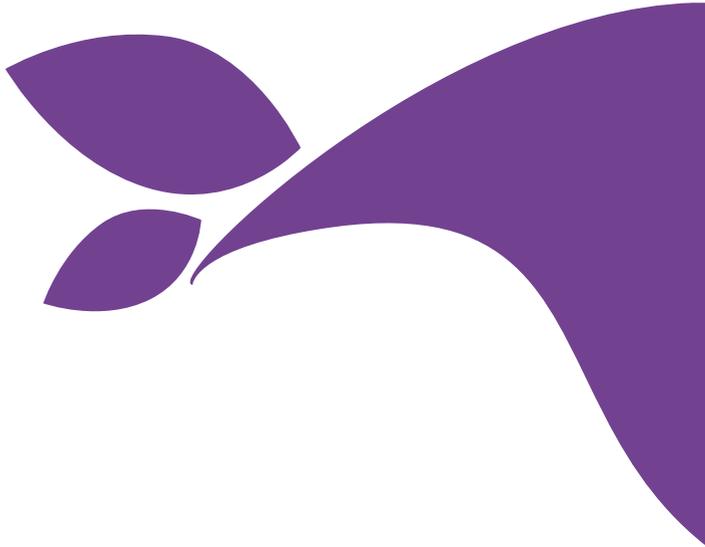
Tel: **01274 776 688**

Open Monday to Friday 9:00am – 5:00pm

[www.cancersupportyorkshire.org.uk/](http://www.cancersupportyorkshire.org.uk/)

Daisy House Farm, 44 Smith Lane,  
Bradford BD9 6DA

You can contact the **Lymphoedema department** Monday to Friday during the day. Hours can vary; Tel: **0113 392 1807**



## What did you think of your care?

Visit: [www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/](http://www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/)

*Scan or click the QR code - Your views matter*

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