

The Tissue Viability/Leg Ulcer Team has developed this leaflet with acknowledgement to the Leg Ulcer Forum:



The leaflet provides general advice but does not cover all cases. If you have any concerns, please discuss them with members of staff; or you can contact NHS Direct (0845 4647).

Useful numbers

Main hospital switchboard: 020-7794 0500

Appliances: (020-7794 0500) ext. 34513

Dermatology: (020-7794 0500) ext. 33508

Podiatry: (020-7794 0500) ext. 33554

Tissue viability service: (020-7794 0500) ext. 33882

Transport office: (020-7794 0500) ext. 31472

Vascular studies: (020-7794 0500) ext. 33932

PALS (Patient Advice & Liaison Service): 020-7830 2174

Websites

www.legulcerforum.org

www.nhsdirect.nhs.uk

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www.royalfree.nhs.uk

Exercises to improve your ulcer healing and prevent recurrence

If you following an exercise programme it can contribute to faster healing of your leg ulcer and also help prevent future ulceration.

Get yourself into a comfortable position. You might find it easier to do these exercises while lying on the bed or sofa. It is best to do them while wearing your bandages or compression stockings.

Before exercising your legs do some deep breathing: place your hands on your stomach and breathe slowly in and out five times, and feel yourself pushing your hands outwards. Then follow the exercises on the chart overleaf.

Do each exercise five times to begin with, increasing to up to 20 times.

Do exercises two to three times a day, using the chart to record your progress.

