



Exercise Recommendations:
For individuals
with foot ulcer and
lower limb pain

Non-Weight Bearing Exercises



If you have a foot ulcer or have difficulty exercising while standing, you can modify your exercises



You should still aim to include aerobic, resistance and flexibility exercises while avoiding periods of being sedentary/inactive

Non-Weight Bearing Aerobic Exercises

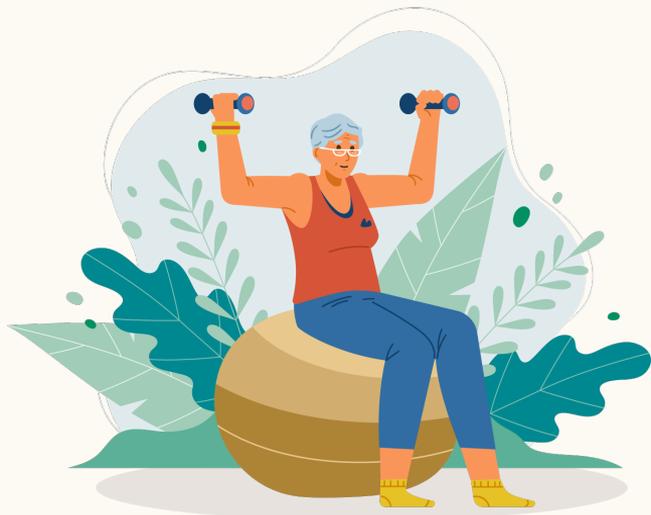


Arm cycling, supine air cycling, seated marching, seated dance exercise.



Depending on the location of your ulcer, you may be able to use the recumbent exercise bike at a low intensity. Discuss this with your podiatrist.

Non-Weight Bearing Resistance Exercises



Upper body:

While seated, certain exercises such as shoulder press, lateral raises, biceps curl, reverse flyers, chest press (band/free weights), seated row (band), lats pull down (band) and abdominal curl/seated reverse crunch can be performed



Lower body:

Straight leg raises (supine and long sit), side lying hip abduction, knee extension (ankle weights/band), prone hip extension, knee flexion (ankle weights/band).

Depending on the location of your ulcer, you may be able to do seated calf press (band), double/single leg bridge.

Non-Weight Bearing Flexibility Exercises



Upper body:

While seated, consider performing exercises such as chest stretch, deltoid stretch, neck stretches, triceps stretch and forearm stretch.



Lower body:

Some examples of exercises include side lying quads stretch, seated calf stretch using towel, seated hamstring stretch and seated gluteal stretch.