



Accelerate

Transforming wound
and lymphoedema care

Lower leg wound exercise record

Keeping a record allows you to celebrate the successes and can motivate you to improve your overall wellness

Ensure you have a safe space before you start

Ensure you take pain relief if needed before commencing your exercise routine





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Lower leg wound exercise record

Day	Seated exercises	Theraband exercises	Walking	Other exercise e.g. housework	Time	Comments
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						
Weekly successes						
Next week goals						

Have fun and smile, you've got this

