



LOWER LEG WOUND EXERCISE RECORD

**LEGS
MATTER!**

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RESHAPING CARE TOGETHER...




IN RECOGNITION OF OUR PLATINUM PARTNERS



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

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 

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