

# Limb lengthening and reconstruction

Reviewed by SickKids Hospital Staff | Last updated: October 8<sup>th</sup> 2019

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## Exercises to manage edema and improve range of motion with a femoral frame

Following surgery, your child will experience some edema (swelling) and stiffness. Regular exercises will help your child minimize swelling and maintain range of motion and muscle strength.

## Strengthening exercises

Strengthening exercises help maintain the strength of your child's muscles throughout the leg lengthening process. It is important to do them to maintain your child's mobility.

## List of exercises

- Isometric quadriceps (static contractions)
- Quadriceps setting over roll
- Straight leg raise