

Limb lengthening and reconstruction

Reviewed by SickKids Hospital Staff | Last updated: October 8th 2019

Exercises to manage edema and improve range of motion with a tibial 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