

## Swollen Ankles / Feet

### Discussion Group

#### Question:

*Any suggestions for a mum at 36 weeks with swollen ankles? Apart from putting her feet up?*

#### Responses:

*Rest with feet up 20 min midmorning and 20 in the afternoon as well as feet up at the end of the day. Try to rest lying on the side though to avoid posterior positioning of baby.*

*Here is a great pregnancy tea that has helped several of my clients with swelling.*

*<http://www.albuquerquehomebirth.com/TEAhbhm.html>*

*100 g protein every day*

*Sea salt to taste*

*1 gallon of water a day*

*Lots of fruits and veggies*

#### Additional Recommendations:

- Swimming daily also works great in combination with diet.*
- Have her check her protein intake and also make sure she is drinking lots of water to keep flushing her kidneys.*
- Have her eat watermelon every day.*
- If that's not enough, in to the swimming pool for an hour each day.*
- If that's not enough...check her diet, protein, protein, protein and water, water, water, salt, fruits, grains, veggies*
- IF that's still not enough...one juice glass of Gatorade in the morning and a deli meat-sliced turkey with sprouts for lunch every day until swelling does not come back.*
- Last ditch effort-Linden flower tea-very nasty, but works...*
- TBM fixes this in about 20 minutes*

#### Question:

*Any suggestions for a mum at 36 weeks with swollen ankles? Apart from putting her feet up?*

#### Responses:

- Increase protein to 100 grams daily for rest of pregnancy. (This is a given! See [the Brewer Diet](#))*
- Increase water intake abundantly*
- Eat melons, ripe cucumber, and other water bearing fruits*
- Swim often or soak legs over side of deep tub or pool -- water pressure helps move lymphatic fluid*
- Get a pregnancy massage after telling therapist that leg swelling is an issue*
- Watch getting overheated and under-hydrated at this time of year*

*Yes, putting their feet up on a footstool or another chair, keeps their feet in line with their hips, they do not need to elevate their feet higher than that. Whilst elevating the feet they can point and flex their feet and also rotate them in both circular directions (to the right and to the left). It definitely works in reducing the swelling as it pumps the lymphatic fluid back up the legs into the lymph nodes of the groin and then into the bladder (more wee!) and needs to be done a couple of times a day. Also, they need to be aware of how much sugar is in their diet. When pregnant women start to tire*

*excessively especially as pregnancy progresses, they reach for the sugar fix for energy. Too much sugar binds proteins together creating stiffness in the body. Lymphatic Drainage massage is also excellent and should be done by a qualified LD Therapist as any pressure to the inside of the ankle just below the ankle bone is the reflex point for the uterus and is naturally swollen indicating change in the uterus (pregnancy). There should not be any pressure to this area of the foot. The lymphatic system of the body is sometimes referred to as the 'garbage system' of the body and lies just beneath the skin. It is not known why, but some people have a naturally occurring healthy lymphatic system and others do not. The lymphatic system does not have the heart to pump it around the body as does our circulatory system (blood) - therefore it requires movement of the muscles or manual therapy to the lymphatic vessels to make it move. When it isn't moving it creates swelling and puffiness.*

*Yes, with swollen feet and ankles it is very good to point and flex the toes several times a day with about 5-10 rounds each time. After pointing and flexing the feet, she should draw circles with her toes, rotating the ankle joint in both directions, same count. Then squeeze the toes together and then separate them by spreading the toes wide apart - do this 3 times. As an alternative to putting her feet up when sitting she can lie down on her side, keep the leg that is to the floor bent at the knee, place pillow under belly and head, extend arm to floor and top arm can be palm down on floor for comfort - elevate the top leg onto a chair, which brings the feet higher than heart. Rest here for as long as comfortable, then change sides. with her hands, extend the arms at shoulder height straight out in front, put the palms up as if stopping the traffic and then flex them down, continue for the same count as the feet, then make fists and draw circles with the hands, mobilizing the wrists. Often there is excess fluid gathering in the wrists also which can become uncomfortable too. This exercise can also include extending the arms, turn the palms to the ceiling, bend elbows, place hands on shoulders and draw circles with the elbows in both directions. This takes the fluid that has been pumped from the wrists, back up the arms into and through the lymph nodes of the arms pits and keeps breasts healthy too. She should link her breath to the movement of the circle, breathing in coming up and breathing out going down. Eliminating all added sugars will help. Excess sugar causes proteins to stick together, creating stiffness in the joints, the excess fluid in her feet will be pumped back up into her groin and pee'd out with these exercises. Drinking warm boiled water is also recommended with meals (no cold water). Lymphatic Drainage massage will specifically move the lymphatic fluid and is deeply relaxing.*