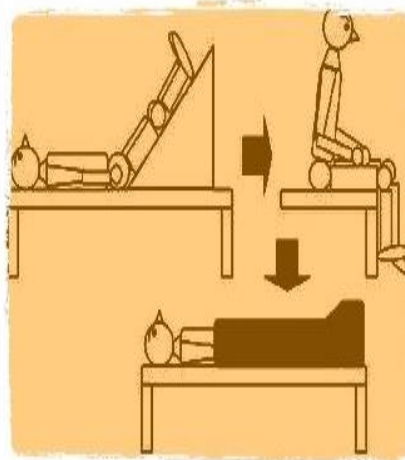


Instructions given to the Patient for Buerger exercises-

- 1, Elevate feet on padded chair or board for 1/2 to 3 minutes.
- 2, Sit in relaxed position while each foot is flexed and extended then pronated and supinated for 3 minutes. The feet should become entirely pink. If the feet are blue or painful, elevate them and relax as necessary.
- 3, Lie quietly for 5 minutes, keeping legs warm with a blanket.

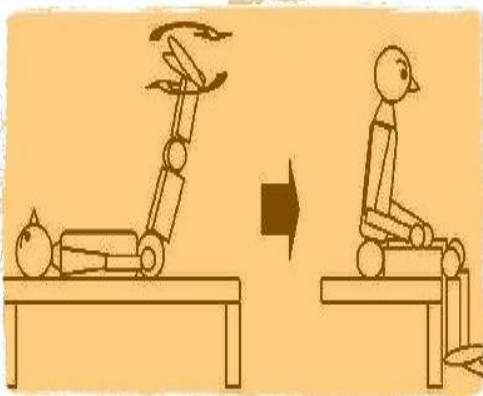
Ratschow's exercise



Specific exercises intended to improve circulation to the feet and legs. The lower extremities are elevated to a 45 to 90 degree angle and ankle joint rotation is exercised until the skin blanches (appears dead white). The feet and legs are then lowered below the level of the rest of the body until redness appears. A positive effect is achieved by repeating and carrying out this exercise several times a day.

Reference

[Medical Dictionary- Buerger exercises](#)



The Buerger-Allen exercise and the Ratschow's exercise may be performed for the purpose of collateral blood circulation promotion of patients with peripheral circulatory disturbance. However, it may be difficult to perform these exercises in patients to whom ADL is decreased.