



Do's and Don'ts for lifelong leg health

There are steps you can take regularly to improve your leg health, and things you can avoid to prevent your condition worsening. So do what you can to help your legs!

DO...

- ...regularly moisturise your legs
- ...walk and exercise regularly
- ...eat a balanced diet and watch your weight
- ...put your feet up
- ...check your legs and feet regularly
- ...get treatment for any knocks or sores if around the ankle, particularly if you suffer from diabetes
- ...try to give up smoking

DON'T...

- ...cross your legs for long periods
- ...stand still or sit for long periods without moving around
- ...ignore any sores or irritations
- ...assume that your leg will just get better by itself
- ...remain inactive for extended periods, e.g. long journeys





Ways to help your compression to help you

Walking and moving your legs and feet gets your blood pumping without putting a strain on your heart or joints. If you move while wearing your compression, it helps it to work more effectively!

Walking

Walking while wearing compression provides resistance to the ankle and foot muscles, making them squeeze blood in the leg veins, helping it to return to the heart.

There are lots of different types of ways to walk, from a simple stroll to lengths of your garden. Even getting up and down during the TV adverts has benefits for your health. Only 4% of people can't walk at all, so its just a

question of getting started. Captain Tom aged 100 years recently showed us how great walking can be.

If you are new to walking, it is recommended that you start with 10 minutes a day and slowly build up the time you spend walking.

Try to also to increase your pace to develop your cardiovascular fitness. Most importantly, walking will boost your energy and mood, so make it a part of your day.

Armchair exercises

These simple exercises can also help to keep your legs and feet healthy so do as often as you can.

