

— SQUEEZE IN —

some time to learn about healthy legs

Squeeze In is a campaign from L&R, fronted by Johnny Vegas. The campaign aims to provide people with lower limb conditions, including venous leg ulcers, with the information they need to keep their legs healthy, so they are able to live life to the fullest.

Compression therapy in conjunction with good skin care and movement is the recommended treatment for people with venous ulceration, and other related conditions.

Evidence shows that approximately 70% of people with healed venous leg ulcers can experience recurrence of their wound within three months¹. For many people with venous leg ulcers, this can present a continual source of concern and worry². One reason for this recurrence is stopping with compression therapy, skin care and movement once healing has occurred in a desire to return to normal. Other reasons may include pain, discomfort and dislike of the cosmetic appearance of compression garments. However, it is important to remember that the underlying cause of venous leg ulceration – venous disease – is managed by compression therapy, and the effects of this are enhanced by movement. People who understand how compression



therapy works, and why it is important to wear it are more likely to keep up their treatment in the long-term, and less likely to suffer from ulcer recurrence¹.

Club Squeeze In

Club Squeeze In is part of the Squeeze In campaign, by becoming a member, you can access healthy living booklets, information, services and support to help you care for your condition. Read on to see examples of the resources, find out how to join and to hear about Johnny Vegas' personal experience of venous leg ulceration.

— SQUEEZE self care IN —

Johnny Vegas was keen to support the Squeeze In initiative having experienced first hand what life with a leg ulcer was like when his dad developed one. Johnny commented *“Later in life, poor circulation meant that Dad’s mobility suffered, but equally, for someone so seemingly carefree, so did his self-confidence. Despite surviving an aneurysm and beating cancer, and being open in doing so, the condition of his legs was not up for discussion. Any query, comment or attempt to lighten the discomfort of this particular ailment was considered by him to be a bit too below the belt. As a staunch ambassador of wearing socks with sandals on holiday, I thought my Dad had peaked in terms of leg embarrassment; body shame was something I never thought I would associate with him,”* he said reflecting on his dad’s experience. *“It became obvious that he felt that this was a stigma”.*

Johnny is keen to help people shake off this stigma, and to embrace self care: *“Please don’t take the attitude that you can just ‘walk it off’ or try to forget about it,”* he said. *“Visit your doctor; ask for help – addressing issues early will really help in giving you tips on how you can work preventative measures into your daily routine.”*

Self care is about keeping healthy, and understanding how to take care of yourself, and when to get help and support.

— SQUEEZE skin care IN —

A regular skin care routine is important to keep your skin clean and supple, to reduce the risk of skin breakdown and infection.

Some easy ways to do this are:

- **Clean** - Keep your skin on your legs and feet clean by washing regularly
- **Dry** - Pat the skin dry gently
- **Moisturise** - gently apply an unscented moisturiser
- **Check your skin** - for any changes such as redness, cracks or swelling while carrying out your skin care routine.
- **Contact your healthcare professional** if you have any concerns.



— SQUEEZE movement IN —

Movement is an important part of any self-care regimen and doesn’t have to feel scary or overwhelming. The most important thing is to regularly move your legs and feet in any way that feels good to you. This will help to improve circulation, reduce swelling in the legs, strengthen muscles and support you in achieving a healthy weight.

Some easy ways to do this are:

- **Get those steps in** - try to walk for about 30 minutes a day
- If walking is difficult, **move your feet around in circles, then up and down** – you can do this sitting down
- **Avoid standing** for a long time
- Try a fitness watch to track the amount of steps you do a day – **you may be surprised!**



— SQUEEZE compression IN —

Compression therapy is a key part of managing lower limb conditions. It works by addressing venous disease which in the early stages, is responsible for skin changes, and in the later stages, venous leg ulceration.

Some of the benefits of compression therapy include:

- **Prevents** venous disease progression
- **Aids healing** of venous leg ulcers
- **Prevents** venous leg ulcers recurring
- **Reduce symptoms** such as wound-related pain and swelling.

Your healthcare professional should help you to find the right garment for you and your condition so that wearing it everyday is just another part of your daily routine.



Frequently asked questions and answers

I am interested in learning more about the contents of the free Squeeze In healthy living book. What information does it contain?

The healthy living book is an engaging and informative, easy-to-use guide aimed at helping people who are managing venous leg ulcers to squeeze in healthier living.

It emphasises the importance of self-care in boosting self-confidence and empowering those living with a venous leg ulcer to take control of their condition, so they are able to live life to the fullest.

The book explores ways in which people with leg conditions, their family and carers, can manage the condition more effectively. It contains information on skin and leg care, the importance of appropriate compression and application techniques for compression garments, healthy eating including a meal plan, tips for squeezing in movement and exercise, and the value of maintaining social contact – be it virtual or in person.

How do I join Club Squeeze In?

Simply visit www.squeezein.life or scan the QR code below and sign up for free to join a growing community of people who are passionate about embracing the every day care of their lower limb condition.

By becoming a member, in addition to your free book, you can access information on how to improve leg health. You can also sign up for the L&R compression reminder service, which gives you a gentle nudge when your garment is ready for renewal.



SCAN the QR code to sign up today



For more information and to sign up to Squeeze In visit: www.squeezein.life

1. Franks P, et al (2016) Management of patients with venous leg ulcer: challenges and current best practice. J Wound Care 25(Suppl 1): 1–67
2. Hopkins A (2004) Disrupted lives: investigating coping strategies for non-healing leg ulcers. Br J Nurs 13(9): 556–63

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