

# Walk to enhance your compression therapy

Walking has many benefits for your health and wellbeing, and its free to do, any time and anywhere. If you walk while wearing your compression, the effects are even better!

As you may know, compression therapy helps to treat vascular and lymphatic conditions such as venous leg ulceration and lymphoedema. It works by forcing blood and fluid from the tissues of the lower legs back into the circulation which is then returned against gravity back to the heart. This eases congestion in the tissues and in turn helps to improve leg health.

If you walk while wearing compression, these benefits are enhanced as the compression garment provides a casing around your limb that provides resistance each time your calf muscle works, helping to squeeze the blood and fluid from your lower limbs back towards the heart.

As well as being good for your leg health, walking has lots of

other benefits for your health and wellbeing:

- It reduces your risk of cardiovascular disease; walking for just 30 minutes a day can reduce your blood pressure
- Walking for this amount of time each day is also enough to cut your risk of an early death by a third
- Walking can improve your mental health and mood and boost your energy levels
- Finally, walking helps to improve balance and reduces your risk of falling by increasing your lower body strength.

If you are able, its never to late to go out and get walking. ➤

**For tips on how to get started, visit: [www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/](http://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/)**

# Microworld: a fun way to learn about wounds online!

Microworld is a free, independent, educational platform that takes a fun, animated approach to helping people learn about wounds. Read on to find out more!

## Learn about wounds

Microworld provides engaging and reliable medical content to help further understanding about wounds. All Microworld content has been developed in partnership with leading organisations and wound care professionals from across the globe.

## Have fun

Remote learning has never been more fun and simple. All Microworld classes are interactive,

and use a mix of animation, video, and gamified content to help you learn about a wound-related topic quickly and easily.

## Make decisions about your care

Although the content is fun it has been developed with your best interests at heart. Microworld aims to improve your understanding of wounds so you can make informed decisions about your care. ▶

New venous leg ulcer module coming soon!

Sign up now: [www.mymicroworld.online](http://www.mymicroworld.online)