

## Compression hosiery and wraps: make application easier

Compression therapy is used for the treatment and prevention of venous leg ulcers and other lower-limb conditions, such as swelling (also known as oedema). Compression works by squeezing your leg(s), which encourages movement of fluid from the tissues and blood to flow back towards your heart, instead of pooling in your lower limbs where it results in symptoms such as swelling and ulceration.

Therefore, wearing compression helps to manage symptoms of venous and lymphatic disease in the lower limb, prevents and treats venous leg ulcers, and reduces the risk of recurrence after healing.

There are different types of compression that can be used, including compression hosiery, wrap systems and bandaging. Your clinician will prescribe the one best suited to your health needs and taking your limb shape into consideration. This process should also consider your preferences and needs, including your desire and ability to apply and remove your compression if you want to.

It is really important for you to wear your compression exactly as directed by your clinician, to get the maximum benefit from



your garment. Sometimes, however, wearers have difficulties with applying and removing their compression, so stop using it. This is not ideal, since it means the underlying cause of your limb problem is no longer being managed and it may progress in severity over time.

Here we discuss some ways to make compression application easier, so you can continue to improve the health of your limb.

## Activa® and ActiLymph® compression hosiery

### 1. Prepare the hosiery

To make the hosiery easier to put on, first turn it inside out. You can do this in 3 simple stages: **reach, pinch and fold.**

**Reach:** Simply slip your hand down inside the hosiery as far as the heel

**Pinch:** Gently grasp the heel and, while still holding the heel...

**...Fold:** Fold the top of the hosiery down to turn it inside-out. This will leave the toe area tucked in.



### 2. Apply the hosiery

Slip your toe into the front of the hosiery and gently pull it up the foot.

Now gather the hosiery from the top of the garment and gently pull towards the ankle and calf.



### 3. Adjust for comfort

Smooth out any wrinkles in the hosiery. Pull the toe section forward. Smooth the ankle and in-step areas, and make sure your toes are not restricted.



## SQUEEZE IN

### Did you find this application guide useful?

Then you may be interested in Squeeze In from L&R

For more information  
visit [squeezein.life](http://squeezein.life)

Scan the QR code  
to register today



Squeeze In provides **motivation, knowledge** and **guidance** to help you make the small changes to improve your leg health.

At L&R we focus on squeezing in three key aspects of self-care to keep your legs healthy; compression, skincare and movement.

# L&R compression garments

## ReadyWrap®



Preparation and application of the sock liner is the same as compression hosiery (opposite); **reach, pinch, and fold**

Then:

1. First apply the liner, then apply the foot garment, followed by the calf garment.
2. Pull the VELCRO® fasteners at full stretch and attach in place
3. Start with the white fastener and then the light blue fastener and then the dark blue fastener
4. Ensure the calf garment is overlapped with the foot garment by 1cm
5. Attach the white fastener at the bottom of the calf garment first followed by a horizontal and then vertical pattern.



Please **scan the QR code** for full instructions for use and the patient information leaflet



## Three key aspects of Squeeze In

**Compression:** You have read a bit about this benefits of compression in this article, but there is lots more advice and support that you can access.

**Skincare:** Keep your skin on your legs and feet clean and try to moisturise your legs with an unscented moisturiser. Check your skin for any changes such as breaks, cracks or swelling and contact your pharmacist or healthcare professional if you have any concerns.

**Movement:** Movement is an important part of any self-care regimen. 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, and strengthen muscles.

## Frequently asked questions and answers

### How do I join Club Squeeze In?

Simply visit [www.squeezein.life](http://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 everyday care of their lower limb condition.

### By becoming a member, you will receive the following:

- A free healthy living book full of information on how to improve leg health.
- You can also sign up for the L&R compression reminder service.
- E-mails about hints and tips.

### 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 and other leg conditions 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 or leg condition to take control of their limb health, 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.



For more information and to sign up to Squeeze In visit: [www.squeezein.life](http://www.squeezein.life)

Please contact our friendly customer care team on: **0800 195 0160**