



Legs Matter is a coalition of eight healthcare charities and not-for-profit organisations that are working together to increase awareness, understanding and action on lower leg and foot conditions among the public and healthcare professionals.

Non-healing wounds of the leg and foot are one of the biggest health challenges in the UK. Chronic wound care costs the NHS between £4.5–5.1 billion each year. More than 40% of these wounds are leg and foot conditions (Guest et al, 2015). Despite this, they do not receive the care or attention they urgently need.

Many people have problems with their lower legs and feet. Leg ulcers are at least four times more common than pressure ulcers yet care is often inappropriate or too slow (Guest et al, 2015).

Every day, a lack of support and advice on the prevention of lower leg and foot conditions and the failure to correctly diagnose and treat them have a negative impact on thousands of lives. Legs Matter believes that:

- Non-healing wounds of the leg and foot are one of the biggest health challenges of our time but it is a challenge that can be solved.
- Everyone has a right to good-quality lower leg and foot care that promotes healing and reduces the risk of harm
- We need to improve awareness, understanding and treatment of lower leg and foot conditions
- We can achieve more by working together than we can by working alone.

There is a lot that can be done to heal wounds on the lower legs and feet but frontline clinicians such as GPs, nurses



and pharmacists are not always aware of the most appropriate prevention and treatment options.

People requiring treatment for lower leg or foot conditions will encounter a number of healthcare professionals along the road from diagnosis to treatment.

We want to make sure every healthcare professional on that journey has the information they need to help the patient to take steps towards healthy, pain-free legs and feet.

We therefore encourage healthcare professionals to:

- Recognise the signs and symptoms of lower leg and foot problems
- Talk to patients about their leg and foot health
- Ask for further training if needed.

We also encourage everyone to take charge of their own leg and foot health by:

- Paying attention to your legs and feet
- Going to GP/pharmacist if things don't look right
- Demand better care if your leg or foot isn't improving.

The Legs Matter campaign aims to signpost you to the information and services that can help you to get the care

that you need, or, if you are caring for someone with problems of their lower limbs and feet, provide the right care for your patients.

Our free action pack containing materials that you need to promote Legs Matter in your local clinic, surgery, pharmacy, community centre or workspace can be accessed online and used to promote the campaign.

We are also working to ensure that MPs and Peers understand the issues affecting people with leg and feet conditions, so they can make sure policy reflects their needs.

If you are unhappy with the way you have been treated by your local GP or NHS, you can get involved with the Legs Matter campaign by helping us to lobby local MPs.

We have already written the letter, we just need your help in getting the message out there. We have a letter template on our website which can be printed out and posted, or emailed.

Please join us and stand up for legs!

Guest J et al (2015) Health economic burden that wounds impose on the NHS in the UK. BMJ Open