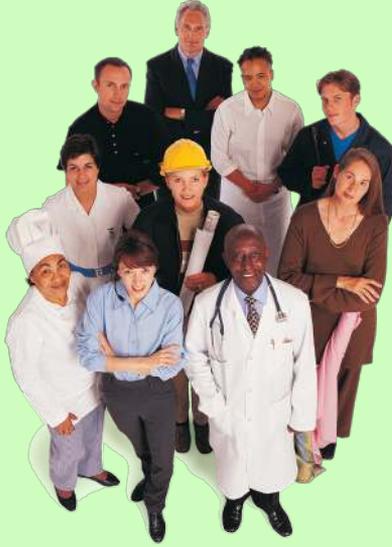


# COMPRESSION THERAPY

SIGVARIS  
LIFE FOR LEGS



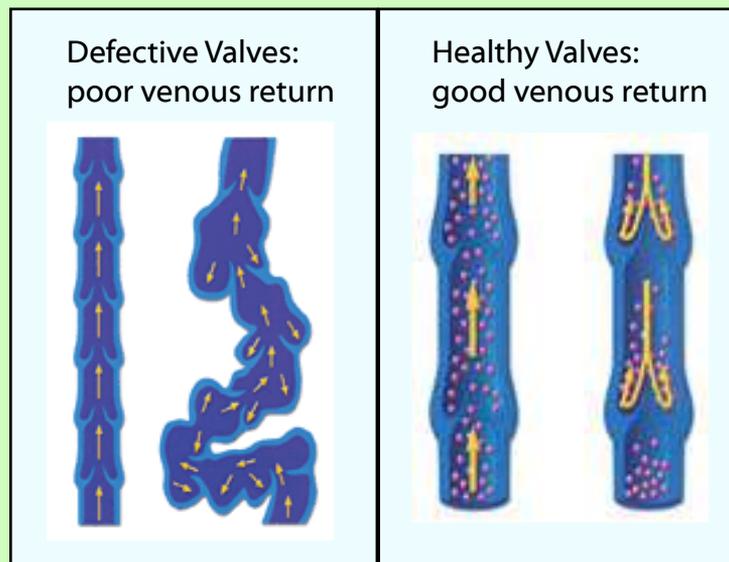
*"Burlington Orthotic Centre's Certified Sigvaris Fitters can help you determine the correct size for your compression needs."*



The concept of compression therapy lies on a simple and efficient mechanical principle: the application of an elastic garment around the leg.

By compressing the limb with graduated compression - strong at the ankle and decreasing going up the leg - a compression sock or stocking helps the venous return, decreases venous pressure, prevents venous stasis and deterioration of venous walls, and efficiently relieves aching and heavy legs.

This treatment is prescribed by a physician to treat phlebitis, thrombosis and aftercare following surgery, sclerotherapy and any other forms of **varicose vein treatment**, and also to relieve all conditions of chronic venous disease (heavy legs, varicose veins, edemas, leg ulcers). It can also be prescribed to prevent venous troubles during **pregnancy** and **long distance travel**



*"Arteries pump blood away from the heart to the muscles. Veins bring the blood back up seeking oxygen. When the valves in the veins are defective and exacerbated by sitting or standing too long, there is pooling in the veins causing swelling and fatigue usually at the ankle and lower leg".*

# TIPS FOR HEALTHY LEGS

## What you can do...

### MOVE!

Walk, climb stairs, move your legs around the office and at home. Avoid prolonged sitting or standing which may cause leg pain and swelling.

### REFRESH YOUR LEGS

After a long tiring day, or during the hot season, refresh your legs with a cool shower. Avoid long exposure to heat like sunbathing, hot baths, sauna that may lead veins to dilate and induce swelling.

### RAISE YOUR LEGS

In order to ease the venous blood return, elevate your legs at home while sitting on the sofa or lying in bed. At the office, have a leg rest under your desk.

### EXERCISE

Regular exercise is always recommended for a healthy body. Some sports reinforce a better venous blood return: swimming, walking, biking, gymnastics, yoga. Sports associated with sudden brutal stops like tennis, squash, hockey, volley ball, basket ball are less beneficial.

### MAINTAIN A REASONABLE BODY WEIGHT

Having a healthy diet will help you keep a normal weight thus lowering leg symptoms and swelling.



Women's Compression-Dress Sock



Women's Compression-Pantyhose

Men's Compression Dress Sock



Women's Compression Knee High Sheer



- Compression Socks can help with:
- Tired Achy Legs
  - Varicose Veins
  - Swollen Ankles
  - Spider Veins
  - Blood Clots