

# HOW TO RELIEVE YOUR LEGS IN SUMMER?

As you know, venous insufficiency is a chronic pathology which is aggravated by high temperatures and requires long-term management.

So, what to do if you are unable to consult your therapist?

Here are some tips to put into practice between 2 lymphatic drainage sessions or in case of temporary interruption of your treatment.

In case of doubt, contact your usual practitioner.

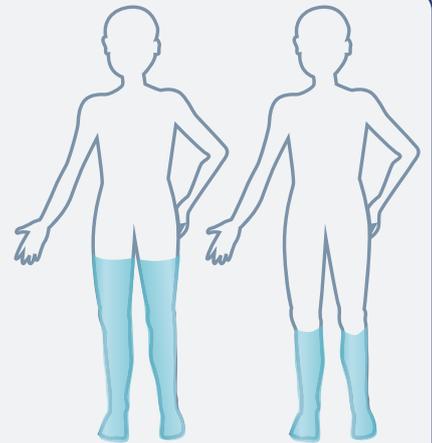
80% of the veins are located inside the muscles and only 20% percent between the skin and the muscles. Hence the need to apply pressure in order to act on the deep veins.

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## Venous compression

Tights, stockings and compression socks help venous return by exerting a decreasing pressure from bottom to top. It is essential to wear them **systematically** and very **regularly**.

There are cotton or open-toe models that are better suited to hot climates. Don't forget to clean them every day and change them periodically.

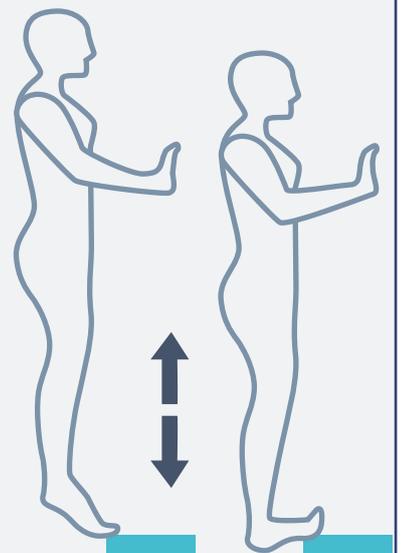


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## Physical activity

The veins of people with venous insufficiency tend to dilate. Having a good muscular support in the legs helps to avoid and counteract this dilation. It is also possible to practice a muscular reinforcement, even at home.

- **Calf muscles:** standing up to a wall, do **2x10 flexions-extensions** of the feet while standing on the tiptoes. If possible, put the heel lower than the bottom of the foot, by putting the tip of the foot on a step, for example.
- **Inner thigh muscles:** lying on your back, squeeze a foam ball between your knees.
- **Stretching** : lying on your back, lift your leg straight up, with the tip of your foot raised towards your face.



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## Pressotherapy

Use a pressure therapy machine if you have one as often as possible. The device and its massage boots activate the venous and lymphatic return circulation.



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## Hygienic and dietary measures

In addition to these treatments, simple hygienic and dietary rules can relieve your symptoms.

Have a balanced diet  
with fibers and minerals



Ban tobacco and moderate  
your alcohol consumption

Drink at least 1.5 liters  
of water per day



Avoid tight  
fitting clothes

Shower your legs  
with cold water



Elevate  
your bed's feet

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