

THE KEY TO HEALTHY LEGS

Moving around

Walk around and stretch your legs whenever you can.

Staying cool

Avoid overexposure to heat. The sun, warm baths, and saunas will all aggravate your condition. Try cooling your legs with a cold shower.

Elevating your legs

Watching TV? Keep your legs elevated. At the office, use a footrest.

Picking the right sports

It's always good to stay active, but avoid sudden stops (tennis, squash, hockey, basketball, etc.). Try activities that promote smooth movements (swimming, running, walking, cycling, yoga, etc.).

A FEW EXERCISES FOR HEALTHY LEGS:



In a standing position, lift one foot and draw the number 8 with pointed toes. Repeat 10 times with each foot.



In a standing position, one foot leaning on the heel, the other resting on bent toes, keep this position for a few seconds. Repeat 20 times, alternating feet.



Lying on your back, raise legs and rotate both feet in opposite directions. Repeat 20 times. This exercise may be done with one leg at a time.



In a sitting position, foot off the ground, heel pointed towards the back, contract the thigh muscle and relax. Repeat 10 times for each foot.



In a sitting position, one foot on the ground, stretch out one leg forward while contracting the thigh muscle. Relax and repeat 10 times for each leg.



In a sitting position, lift one foot off the floor. Point toes downward, then upward. Repeat 20 times for each foot.

It is important to consult with your physician before beginning any exercise program.

Some exercises may not be suitable to your situation.