



## Working Smart with Healthy Legs

If you've ever experienced pain or aching in your legs that has caused you to miss work, you're not alone.

*Find out how you can help your legs!*

## Leg problems cause more than 2 million lost work days a year<sup>1</sup>

If your job requires you to sit or stand for long periods of time, you know firsthand how tired your legs can be after a long day on the job. But it's not just sitting or standing for long periods of time that can cause leg pain. Several factors can contribute to tired aching legs and can lead to venous disorders. Some risk factors for venous disorders consist of:

- Heredity
- Age over 40
- Pregnancy
- Obesity
- Prolonged sitting or standing
- Long distance travel
- Sedentary lifestyle
- Surgery or trauma
- Use of hormone medication

Besides tired and aching legs, some signs and symptoms of venous disorders include:

- Heavy feeling in your legs
- Varicose veins
- A feeling of tension, cramps or fatigue in your legs
- Swollen ankles or feet
- Spider veins
- Skin discoloration or problems
- Leg ulcer or sore



## How Graduated Compression Helps You

Graduated compression is greatest at the ankle and gradually decreases up your leg to improve blood flow. The upward motion of blood flow reduces swelling in your feet, ankles and legs. Wearing graduated compression socks and hosiery daily increases circulation which helps:

- Revitalize legs
- Minimize your risk of getting or worsening spider and varicose veins
- Energize your legs throughout the day
- Reduce leg swelling

**There are several other ways you can keep your legs healthy and improve blood flow, such as:**

1. Avoid sitting or standing for long periods of time without moving around
2. After a long and tiring day, especially in warmer weather, revitalize your legs with a cool shower or bath
3. Elevate your legs
4. Exercise regularly
5. Maintain a healthy weight
6. Wear graduated compression stockings

**According to The Journal of Occupational and Environmental Medicine, wearing graduated compression socks has proven to be more effective at reducing your leg aches and pains than industrial rubber floor mats.<sup>1</sup>**



<sup>1</sup> Journal of Occupational & Environmental Medicine; 39(9): 889-894, September 1997.

Lattimer CR et al. Validation of a Gravitational Model to

Study Local Endogenous Biomarkers in Chronic Venous Insufficiency. European J of Vas and Endo Surg 2018: 1-9

Q:

Now that you understand the aches and pains in your legs and how graduated compression can help, take our short self-assessment to see if compression garments can help you and your quality of life.

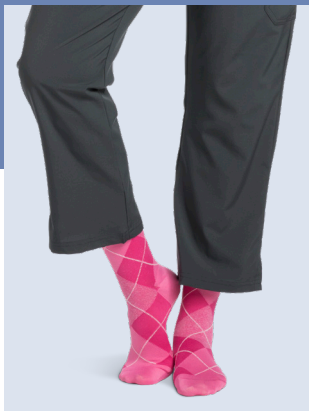
- Have you noticed any changes to your legs?
- Do you have spider veins on your legs?
- Does your work require you to sit or stand for long periods of time?
- Are your ankles swollen in the evening?
- Do your leg problems ease when elevated?

*If you answered yes to any of these questions, ask your doctor if compression wear is right for you!*

## Wondering what to ask your doctor?

Start out with these three easy questions:

1. I've noticed my legs are starting to swell at night. What does this mean?
2. My legs feel tired and heavy sometimes. Should I be worried?
3. My job requires me to sit/stand for long periods of time. Is there anything I can do to ease my leg pain/swelling?



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