

RELIEF FROM PAINFUL, SWOLLEN LEGS IN OLDER, LESS MOBILE PATIENTS

As you know, people often become less active as they age. Over the course of time, calf muscle deconditioning can result from an individual's decreased activity. In turn this can lead to underutilization of the venous calf muscle pump and secondary accumulation of peripheral edema. Although commonly prescribed, compression stockings often fail to bring adequate relief. The good news is there is hope. ***Non-elastic, or short stretch, wraps can provide a much more effective solution that is both quick and simple.***

Non-elastic wraps augment the venous calf muscle pump mechanism, thereby increasing venous flow when the calf muscles are contracted. And since it's non-elastic, the wraps will not recoil. This important feature prevents a decrease in venous flow during calf muscle relaxation. This overall increase in venous return:

- Increases the absorption of peripheral edema which ***decreases swelling*** and
- Lessens venous hypertension and venous insufficiency which brings ***relief from the associated pain***

Once the wrap is applied, improvement can be felt almost immediately. Patients will feel a difference within minutes of walking and many describe their legs as feeling ***“lighter,” “stronger”*** and ***“less tired.”*** Patients with uncomplicated but uncomfortable leg swelling related to in-mobility can experience dramatic relief within just 1 or 2 brief office visits.

The non-elastic wrap needs to be applied from the toes to the top of the upper calf. The wrap can be taken off at bedtime and reapplied in the morning. Since the goal is to teach the patient to apply it whenever possible, non-elastic wrapping is very cost effective.

For more than 25 years, the Physicians of Vein Clinics of America have used non-elastic, short stretch compression with great success in the treatment of leg swelling related to venous insufficiency and lymphedema, superficial venous thrombosis and venous leg ulcers.

If you'd like further instruction regarding the application of these wraps, please don't hesitate to call. Or, you can refer your patients to us directly. Either way, our goal is to provide an expert but simple service that will offer relief to your patients and make your job easier.