

Healthy Leg Check

Should you consider wearing compression socks?

	yes
My job requires prolonged sitting or standing	<input type="checkbox"/>
I have spider veins on my legs	<input type="checkbox"/>
One or both of my parents suffers(ed) from varicose veins	<input type="checkbox"/>
I am a woman	<input type="checkbox"/>
I am over 60 years of age	<input type="checkbox"/>
I have an excess of weight	<input type="checkbox"/>
I take hormonal treatment (birth control, menopause)	<input type="checkbox"/>
I am pregnant	<input type="checkbox"/>
My ankles are swollen in the evening	<input type="checkbox"/>
I experience a decrease of leg pain when I elevate my legs	<input type="checkbox"/>
I have noticed alterations on the skin of my legs	<input type="checkbox"/>
I have noticed some discoloration of the skin on my legs	<input type="checkbox"/>
I have varicose veins	<input type="checkbox"/>
I have had a thrombophlebitis (vein inflammation)	<input type="checkbox"/>
I have had a blood clot (deep vein thrombosis - DVT)	<input type="checkbox"/>

If you have checked more than 3 items, please consider the following:

- Read through this e-booklet.
- Consult with your family doctor about any pains and possible symptoms of chronic venous disease.
- Visit Kinetic Konnection and find out how we can help.

Why **Compression socks?**

Compression socks and stockings for everyday life!

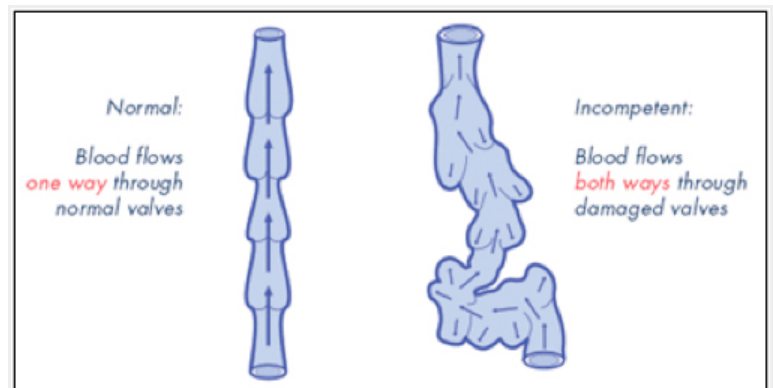
Many factors contribute to the overall health of our legs: heredity, weight, age, diet and activity level. But it's the internal function of the legs that also plays an important role: calf muscles, arteries, veins, and vein valves – the internal highway of blood and oxygen flow.

Your Circulation

The flow of blood in the veins is assisted by a series of one-way valves. The valves remain open when the blood flows toward the heart, and then closed after blood passes through. Over time, an increase in pressure can stretch the vein walls. If a vein becomes enlarged and over-stretched, the valves cannot close properly, causing blood to leak back down into the lower legs, resulting in poor circulation.

If this happens you may begin to develop symptoms, such as:

- Heavy, tired, aching legs
- Swollen legs and/or ankles
- Sensation of warmth in the legs
- Tingling or cramping of the legs
- Dull or sharp pain in the calf
- Small varicose veins and spider veins



Using Compression Therapy

Graduated compression stockings and socks are important to leg health. They help minimize muscle aches, swelling, and symptoms of fatigue. Exercise and a healthy lifestyle will strengthen your legs, but wearing graduated compression stockings or socks will support the internal function of the veins.

If you experience the symptoms mentioned above, we recommend that you consult with your primary care provider and ask about graduated compression stockings and socks. You'll be glad that you did—and so will your legs!

Frequently Asked Questions

How do Compression Therapy Stockings Work?

Compression stockings are designed to provide support to the legs and veins, assist with circulation, and minimize swelling. The compression is graduated, with the strongest support starting at the ankles and gradually decreasing towards the top of the garment. This gradual support works in conjunction with the pumping action of the calf muscles, which also assist with circulation. A common myth is that compression stockings will cut off circulation. When fitted and worn properly, compression stockings help with your circulation, not reduce or restrict it.

Will I Feel Comfortable Wearing Compression Therapy Garments In Public?

Today's compression stockings are very fashionable – most of them look just like regular hosiery or dress socks. No one will know the difference! We offer garments in various styles and colours.

Are Compression Therapy Garments Comfortable?

Compression stockings compliment your legs naturally and beautifully. In fact new technology adds softness and comfort, leaving your legs feeling energized all day long!

How Should I Wear My Compression Stockings?

In general, graduated compression stockings should only be worn during the day while you are upright and mobile, and should be taken off and washed at night. Consult your primary care provider for specific instructions. If you need to wear your garment every day, you may want to consider purchasing a second pair so you will always have one pair to wear while the other is being washed.

Are these covered under my health care plan?

Many health plans do cover the cost of compression garments when prescribed by your doctor. Check your plan and speak to your doctor to find out if compression socks are right for you.

Why get compression socks at Kinetic Konnection?

Our certified fitters will ensure you are fitted and educated properly. Understanding what compression socks do, how to put them on and care for them is just as important as being fitted correctly. Our staff understands that wearing compression socks is new for most people. We take the time to make sure you are comfortable with your decision to take better care of your legs.

Start today.

It takes 21 days to create a habit.

Take the next 21 days to begin:

- **Walking more**
- **Wear compression socks**
- **Developing healthy leg habits.**

Take the 21 Day
Healthy Leg Challenge