

# Activity and healing

for venous leg wounds

## **Why is it important?**

Physical activity will help heal your venous leg wound and reduce the chance of it recurring.

If you are wearing compression bandages or garments, regular movement or exercise makes the compression work better.

# What can I do?

**This is your leg wound; you can make a difference in healing it!**

## Exercise

- General gardening
- Fishing
- Repairs around the home (for example, painting the fence)
- Swimming
- Doing the housework (for example, sweeping, cooking, washing)
- Riding a bike
- Walking the dog
- Physical activity organised by pensioner groups (for example, aerobics, bus tours)
- Walking around your neighbourhood with a friend
- Vacuuming

## Walking

- Try gentle, regular walking every day
- Start with short walks and gradually increase the length of your walk (up and down the hallway or to the letterbox and back)

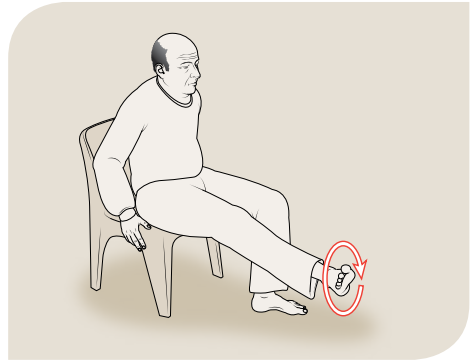


## Exercises

- Try these exercises three times a week:

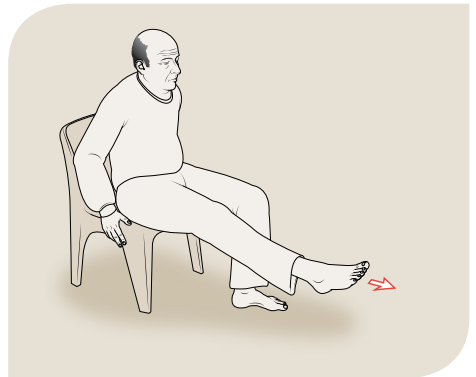
### Exercise 1

- Sit on the edge of a firm chair
- Place your right leg out in front of you keeping your knee straight and angled toward the ground
- Warm up by circling your ankle 10 times in one direction and then the other



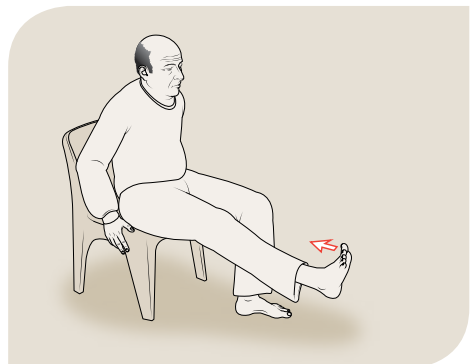
### Exercise 2

- Keeping your leg angled toward the ground and your knee straight, point your toes to the floor and rest
- Repeat this 15 times



### Exercise 3

- Keeping your leg angled toward the ground and your knee straight, bring your whole foot back towards yourself
- Hold this position while counting slowly to 15
- Rest and then repeat this exercise twice
- Repeat the same exercises for your left leg



## Elevation

- Raising your legs prevents fluid from collecting in the tissues. This fluid, or 'oedema', can increase the chance of getting a leg wound
- Try to raise your legs during times when you are not active to help stop your legs from swelling (for example, when you are watching TV, reading a book)
- When sitting, raise your legs higher than your hips. For example, use a foot stool and pillows to lift your legs. If this is difficult, discuss it with your health professional

## Tips to remember

- 1 If you experience pain or discomfort while exercising, stop and consult your health professional
- 2 If you would like further ideas for exercises, you can refer yourself to a physiotherapist, or your health professional can refer you. They may want to assess your risk of falling
- 3 You can keep a diary of your walking and exercising so you can see your improvement

## References

'Go For Your Life' campaign. [www.gofoyourlife.vic.gov.au](http://www.gofoyourlife.vic.gov.au) (accessed February 2011)

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## Disclaimer

This health care guide is part of the 'Connected Wound Care' program, which provides important information about wound care. All care has been taken to ensure information is current and best-practice, however always consult your healthcare professional if you have any concerns or queries.

## Acknowledgements

Connected Wound Care – an initiative of the Victorian Department of Health Strengthening Wound Management Practice Strategy developed in partnership with Royal District Nursing Service and the Victorian Regional Wound Management Clinical Nurse Consultants. This project received support from the Australian and Victorian Governments through the HACC program, [www.health.vic.gov.au/hacc/projects/woundmanagement](http://www.health.vic.gov.au/hacc/projects/woundmanagement)

Developed September 2011

Reviewed November 2012