Mölnlycke®

Get the most from your **compression therapy**

5 daily exercises to support your venous leg ulcer healing[1]

Foot stretch

x20 times

Foot rocker

x20 times

Foot circles

x10 times

Toe grips

x10 times

Take a walk

Taking small actions every day can make a difference!

Scan the QR code to watch these exercises on video.

Your questions answered

Mölnlycke®

Why do I need to move frequently?

Movement activates your calf muscles, helping blood to flow back up your leg. This reduces swelling, the feeling of heavy legs and supports wound healing. Try to walk every day while wearing compression therapy.

Can I shower?

Yes. You can shower while wearing compression therapy, use a waterproof cover to keep it dry. Ask your nurse for advice.

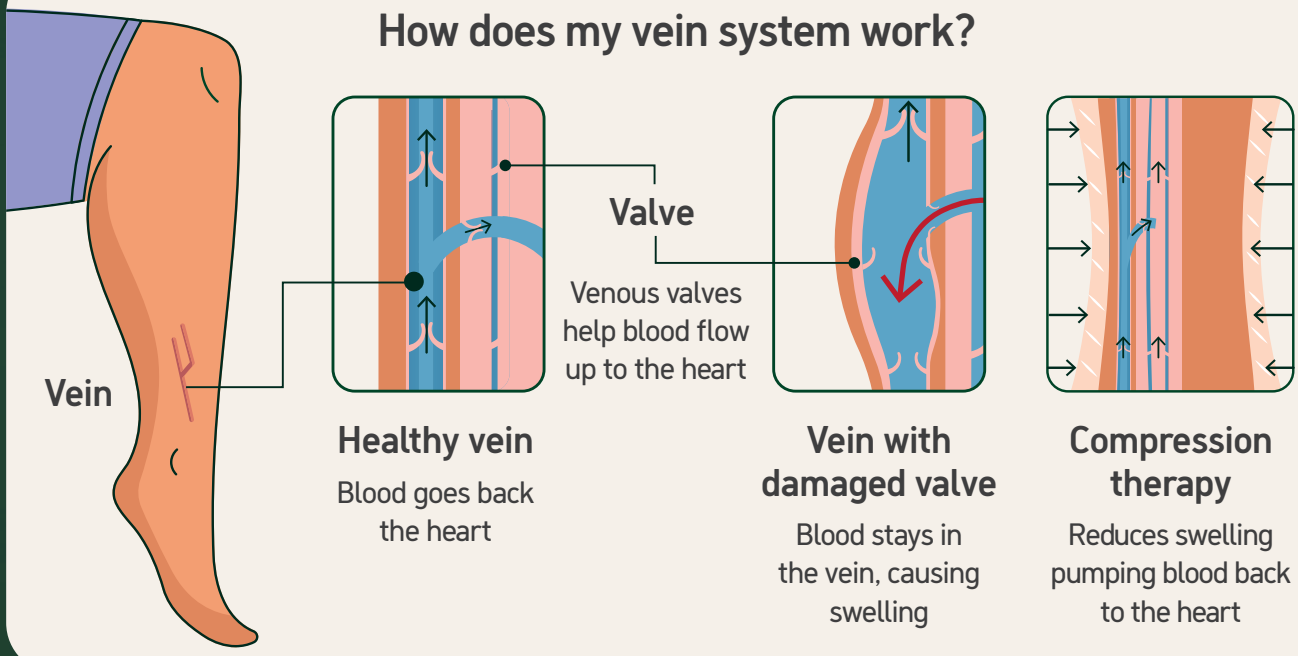
Should I wear my compression at night?

Yes, if you are wearing compression therapy, unless your nurse or doctor advises otherwise. Continuous pressure helps reduce swelling and supports wound healing. If you are wearing compression hosiery or wraps, these can usually be removed at night.

What if my compression therapy feels uncomfortable?

Compression therapy should feel firm but not painful. If it causes pain or feels too tight, causes numbness, or slips down, contact your nurse or doctor.

How does my vein system work?



Healthy vein
Blood goes back the heart

Vein with damaged valve
Blood stays in the vein, causing swelling

Compression therapy
Reduces swelling pumping blood back to the heart

If you have questions about your exercises or compression therapy, speak with your nurse or doctor.

1. Chronic Wounds Initiative (2020). Movement Diary for Those Affected. www.icwunden.de

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