

Patient guide

VENACTIF®

Compression Therapy



EDITORIAL

Venous disease is preventable.

While a number of the factors that lead to venous disease cannot be avoided - factors such as age, genetics, female hormones, or even work conditions - venous disease is by no means inevitable.

In the past, inheriting your parents' legs meant you were headed down a one-way road to varicose veins. Happily, those days are gone! A daily half-hour walk, keeping an eye on your weight, and, above all, taking advantage of compression hosiery as early as possible, could change the future of your legs.

If worn during the early stages of venous disease, modern compression hosiery promotes venous return (circulation), draining the interstitial tissues and effectively relieving leg pain. Technological advances in the efficiency of such hosiery have been matched by advances in aesthetics and comfort too.

Ask your doctor or orthotist about the look and feel of contemporary compression socks and stockings.

Professor François-André Allaert
Vice President of the French societies of Angiology and of Phlebology

Painful, heavy and swollen legs?

Painful, heavy and swollen legs are a common occurrence and if you are affected you may be one of the many people experiencing venous disease. Genetics play a significant role in venous insufficiency, so be especially aware if your parents suffered with varicose veins (enlarged and twisted veins, commonly found in the leg).

Don't be fooled into thinking that you have escaped the disease simply because you see no obvious signs on your legs. Pain, heaviness and ankle oedema (swelling) are among the early symptoms of varicose veins, whereas the first visual appearance may only occur decades later.

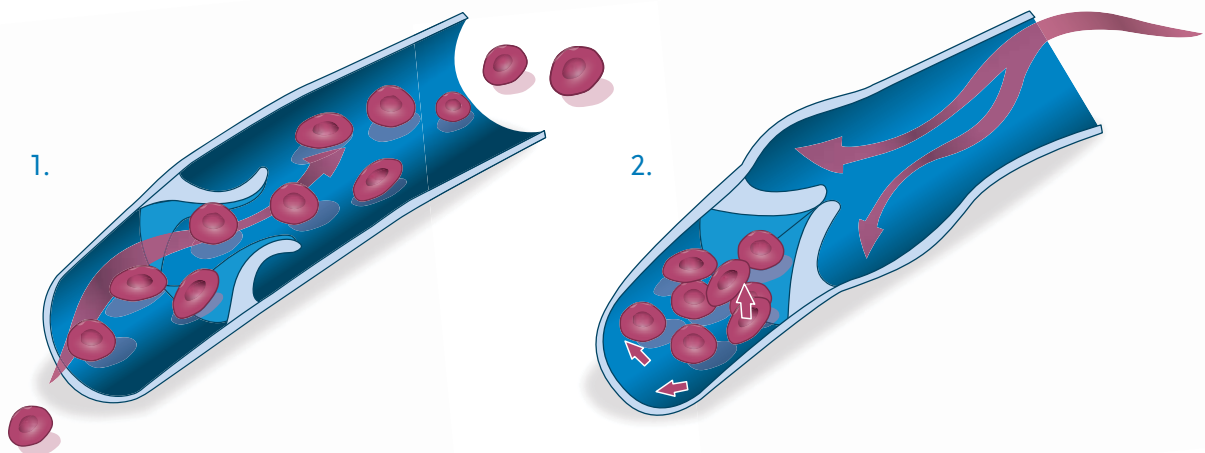
Due partly to the fact that venous disease is being identified earlier and earlier, the number of people experiencing the condition continues to rise. At present it is thought that one in every two women have some form of the disease, and for men it is one in four. The first symptoms may start to emerge between the ages of 15 and 25 years.⁽¹⁾



(1) Ph Blanchemaison – Epidemiology of lower limb venous diseases – Plebologie 1997

CAUSES

Painful, heavy and swollen legs, what could be the cause?



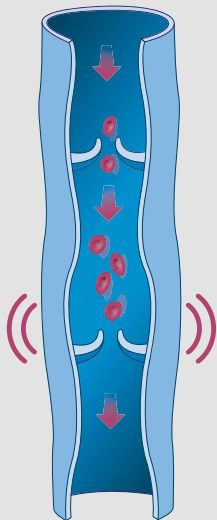
1. While gravity makes it easy for blood to travel downwards through our arteries to reach the lower limbs, the return route upwards through the veins is obviously more difficult. That's why veins are equipped with valves to prevent any reverse blood flow.

2. A diseased vein, however, can start to lose its elasticity and dilate, allowing for venous reflux. That results in blood stagnating, as opposed to being forced upwards towards the heart. The legs begin to feel heavy, and this sensation of heaviness can be accompanied by pain and swelling of the ankles.

CAN ANYTHING HELP?

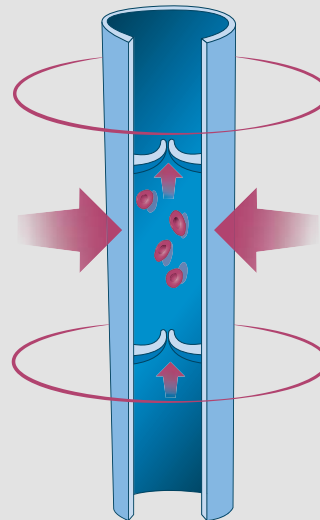
Medical compression therapy: an active and natural solution.

Without Compression



When vein walls become weak, the venous valves do not open and close properly. If a venous valve remains closed, it prevents the backflow of blood to the heart.

With Compression



A compression stocking provides external support to the vein walls and helps the venous valves to operate properly, allowing blood to circulate efficiently.

PROVEN PAIN RELIEF

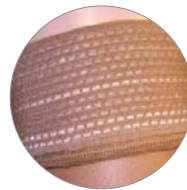
Painful, heavy and swollen legs can be relieved through the use of medical compression therapy in the form of stockings or socks. Compression hosiery is an active, natural and proven solution, providing almost instant relief.

VENACTIF® COMPRESSION THERAPY

VENACTIF® is an innovative line of compression therapy products made by Össur exclusively in Lyon (France), a region renowned for its silk trade and textiles. Developed by an expert team, the VENACTIF® range of stockings and socks combines three vital factors:



VENACTIF® microfibre range for women



Better skin tolerance thanks to the latest generation non-slip fabric



No tourniquet effect due to the wide, scalloped band



Optimised foot finishing with wide instep, flat seams, and reinforced toes, heel and sole



Unequalled comfort from the breathable and cushioning technology of the patented sole



15 - 21 mmHg



23 - 32 mmHg

- **Medical effectiveness** Our products are comprehensively tested to ensure compression values that meet exacting international standards.
- **User comfort** We use the softest natural fibres in products that suit a wide range of sizes and which are contoured to provide optimum fit.
- **French sophistication** Our products are designed to look more attractive and stylish than most other products available elsewhere.

VENACTIF® range for men



Top stays in place thanks to the wide, anatomically contoured calf band



Wide instep, flat seams and larger heel



Patented sole, with breathable and cushioning effect



A new age, natural fibre that enhances thermoregulation and durability



15-21 mmHg



23 - 32 mmHg



EFFECTIVE USE

When using VENACTIF® compression stockings or socks, it is helpful to allow a few minutes to get used to putting them on correctly.

It is important, for example, that the stockings are smooth and not wrinkled, and that your heel is properly centred in the heel section.

Never pass compression hosiery onto to someone else – everyone has different needs and shapes, and incorrectly-sized hosiery may aggravate a condition instead of helping!



- To slip the Compression socks on easily, *I roll the product down to the toe-end.*
- Then *I steadily push my foot in until heel is firmly in place.*
- Gradually, *I unroll the stocking or sock along my leg* by way of light, even movements.
- If *I tug the material gently from right to left, it distributes it evenly*, avoiding folds and adding comfort.

HELP YOURSELF TO HEALTHIER LEGS

In addition to using VENACTIF® COMPRESSION THERAPY, there are a number of other things you can do to help change the future of your legs.

Over the following pages we take you through some ideas and tips for a healthier daily routine and some simple exercises that can make a real difference.



Avoid prolonged exposure to heat : sun, hot baths, saunas, etc.



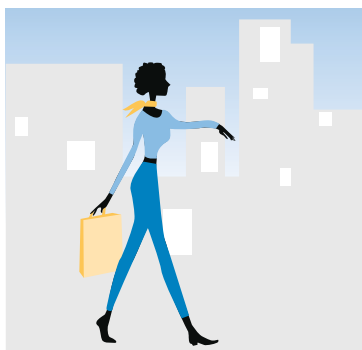
Elevate your legs when at rest.



Avoid remaining seated or standing for long periods of time.



Refresh your legs by spraying cool water from your ankles upwards.



Avoid tight clothes and high heels.

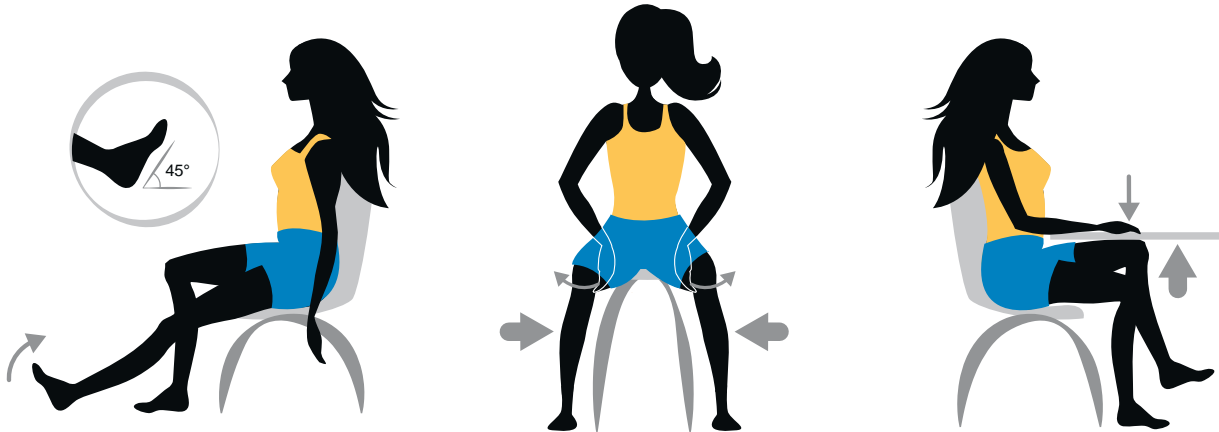


Exercise regularly – *being overweight can contribute to the onset and severity of venous disease.*

FROM DAILY ACTIONS TO GOOD HABITS

SOME EXERCISES

In a seated position.



Sit on the edge of your chair, extending one leg in front of you. Place your foot on the floor, exerting pressure on your heel. Bring the tip of your foot towards you, pulling back as far as possible towards a 45° angle.

Perform 4 sets of 20 seconds for each leg.

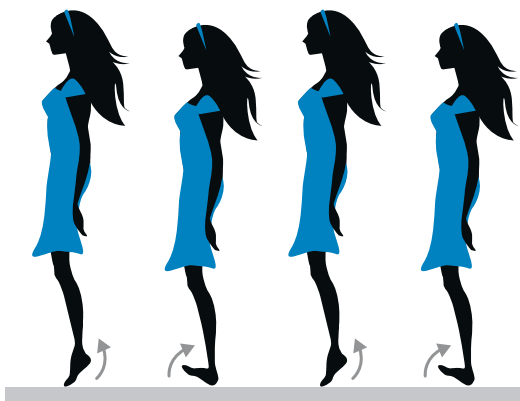
Move your knees together, exerting resistance with your hands.

Perform 4 sets of 20 seconds each

Sit with your back straight. Breathe in deeply. Lift one knee up until it touches your desk. Try to push your knee upwards as if to lift the desk (keeping your hands flat on top of the desk). Keep it up for 20 seconds and release.

Perform 4 sets of 20 seconds each.

In a standing position.



Stand up straight (barefoot if possible).

Move your feet together until they are almost touching, flex and extend both calf muscles simultaneously by lifting your toes, and then your heels repeatedly, transferring your weight back and forth.

Perform 4 sets of 20 seconds each

When travelling by plane, bus or car (more than four hours).



Place your feet flat on the floor (barefoot)

1/ Heel down, lift the tip of your foot, flexing as far back as possible. Rest.

2/ Lift the heel and extend your foot downwards. Rest.

Perform 20 sets for each leg (every 2 hours).

Place your feet flat on the floor (barefoot):

1/ Heel down, lift the tip of your foot.

2/ Rotate the tip of your foot 10 times.

Perform 10 sets for each foot (every 2 hours).

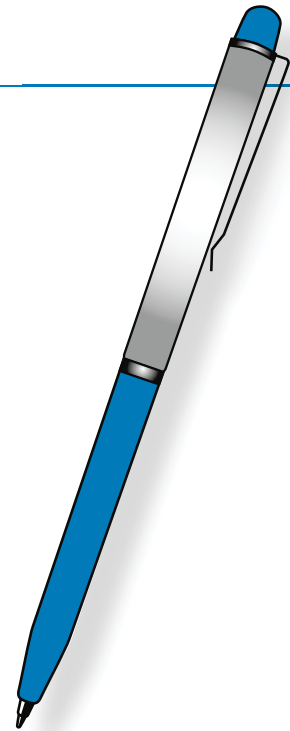
Sit with your back straight. Breathe in/out deeply. Squeeze a cushion as tightly as possible between your knees. Hold the tension for 20 seconds and release.

Perform 10 sets (every 2 hours).



ARE YOU AT RISK?

- Do you suffer from aching and heavy legs?
- Do your ankles swell up over the course of the day?
- Do you play any sports that inflict heavy impact on the legs, such as such as running, tennis, or squash?
- Are you pregnant?
- Are you overweight?
- Does your job require you to remain seated or standing for prolonged periods of time?
- Do any members of your family suffer from vein disorders (oedema, varicose veins)?
- Do you regularly travel long distances?



- If you have answered «yes» to more than two questions: you may be at risk of developing a venous disease.
- If you have answered «yes» to more than four questions: we advise that you consult with your doctor.

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