

WHAT ARE YOUR LEGS AND FEET TRYING TO TELL YOU?

#LEGSGETLOUD



Don't ignore even the smallest change to the skin, shape or feel of your legs and feet.

Get to know what's normal and what's not at

legsmatter.org



RESHAPING CARE TOGETHER...



IN RECOGNITION OF OUR PLATINUM PARTNERS



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THREE POINT LEG CHECK

We know that your legs and feet probably haven't been top of your list recently, but it's time to give them some attention. Even the smallest change to the way they look or feel can be a sign of something more serious.

That's why we're asking everyone to check their legs and feet and to speak up if things aren't looking or feeling right.

01. SKIN

Check the skin on your legs and feet for any change in colour or texture, including dry, scaly or red skin, or skin that's hot to touch. A cut, blister or insect bite that **hasn't healed after two weeks is not normal** and needs to be seen by a nurse or podiatrist. Make an appointment at your GP surgery.

02. SHAPE

Swollen legs or feet are your body's way of saying that something isn't right. This might be because of an injury or it could be a sign that your veins or lymphatic system aren't working as well as they should. If your legs or feet are uncomfortably swollen, they need to be seen by a nurse or podiatrist. Make an appointment at your GP surgery.

03. FEEL

It's normal to feel occasional cramp in your legs when walking but if it happens a lot, it could be a sign that your body's circulatory system isn't working as well as it should. Tired, throbbing and painful legs can also be a sign that something's not right – ask your pharmacist for advice or make an appointment at your GP surgery.

