

ABOUT LEGS MATTER

Legs Matter is a coalition of healthcare organisations that have come together to make sure that anyone with a lower leg or foot problem understands their condition and receives the urgent care, attention and support they need.

You can find out more about our mission as well as lots of advice at

legsmatter.org

RESHAPING CARE
TOGETHER...



BLS

BRITISH
LYMPHOLOGY
SOCIETY



The COLLEGE
of PODIATRY



IN RECOGNITION OF OUR PLATINUM PARTNERS



**LEGS
MATTER!**



YOU'VE GOT THE POWER

#LEGSMATTER

Take charge of
your leg and foot
health today



When it comes to keeping your legs and feet healthy, you have more power than you might think. We've put together five things that you can do today to take charge of your leg and foot health and start feeling your best again.

MAKE THAT GP APPOINTMENT

If you've got a cut that's not healing, swelling that's not going down or just any niggling problem with your legs or feet, today's the day to make that GP appointment and get a referral to a specialist healthcare professional such as a podiatrist or vascular nurse. They'll be able to do some simple tests to find out if you have a problem.

CHECK YOUR LEGS AND FEET

After your shower or bath, take a look at your legs and feet. Check the skin for any changes in colour or texture, including dry, scaly or red skin, or skin that's hot to touch. These are all early warning signs of a leg or foot problem.

DO SOME HEEL RAISES

Moving your legs and feet is a great way of reducing any swelling. Rotate your ankles when you're watching telly or do some heel raises while you're waiting for the kettle to boil for your morning cuppa. It all adds up.

DITCH THE SOAP

It's important to keep the skin on your legs and feet clean and well moisturised. Avoid soap as this can be very drying. Instead, use a moisturising soap substitute or bath emollient when washing. You may want to use a moisturising lotion or cream afterwards.

PUT YOUR FEET UP

A simple but good one, elevating your legs boosts circulation and reduces swelling. This is especially important if you have a job where you're on your feet all day such as hairdressing or working in a shop. Try it this evening when you're on the phone or watching TV.

