



# Three point leg check

There are lots of things we can do to take charge of our leg and foot health and start feeling our best again.

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](https://legsmatter.org)



RESHAPING CARE  
TOGETHER...



IN RECOGNITION OF OUR PLATINUM PARTNERS



**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.**

## **Check 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, wound, 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.

## **Check 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.

## **Check 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.