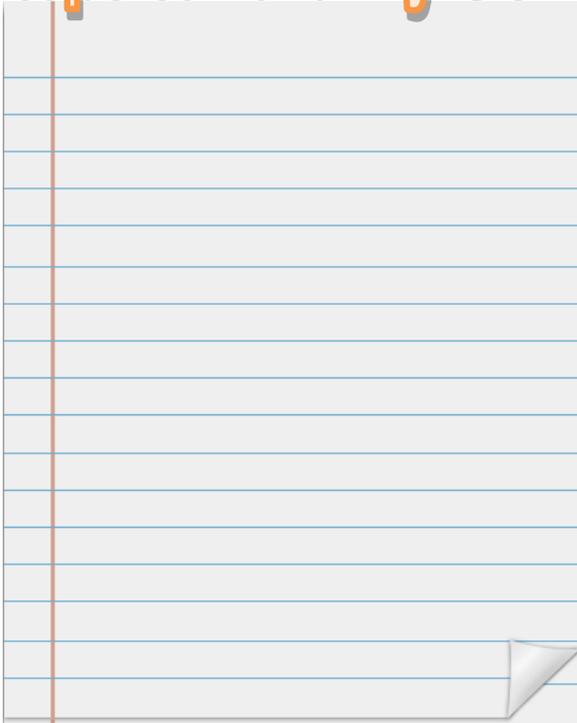


Steps toward my GOAL



Swollen Ankles?



Pump it Up!

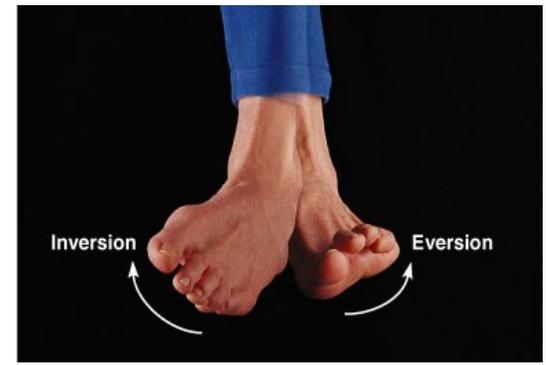
IMPROVE blood flow

REDUCE swelling

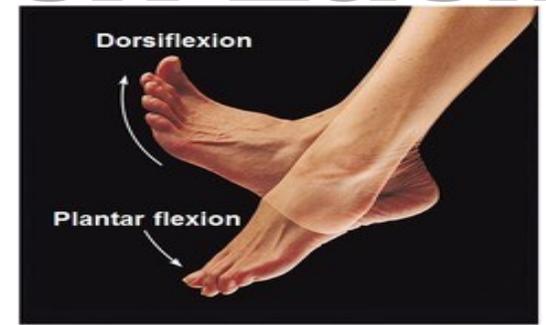
REDUCE PAIN in legs

Helping you progress towards your Healthy Goals

Warm Ups



5x Each



"Toes to Nose"



Draw Your Name

Slow and Steady



The Foot Care Team



www.compassch.org

905 523 6611



Stand or Sit

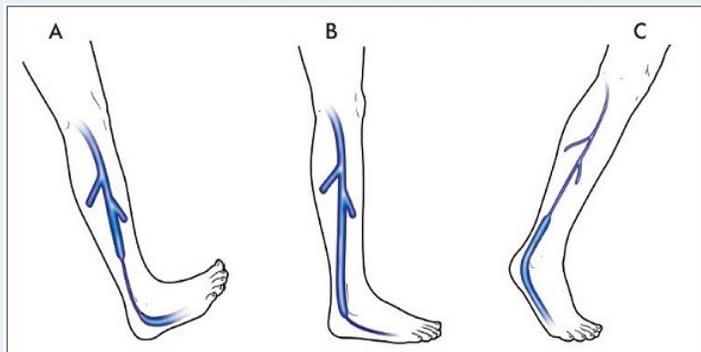
**Repeat 30x
Each Foot**



★ **Remember to HOLD ON to stable object or railing.**

★ **Try these exercises while waiting in line at the store, or sitting on a plane**

How does my CALF PUMP work?



When you dorsiflex your ankle and raise your **toes towards your nose**, calf muscles flex and squeeze the blood in the veins up, supporting even damaged valves. **This effect is MECHANICAL, like a pump.**

- Blood moves up and against gravity, towards the back of your knee.
- Fluid will drain behind your knee, in the Lymph nodes and return to circulation.
- Removing excess fluid, (swelling,) encourages fresh arterial blood and oxygen to pump to the toes to heal and repair.

BUT..I take water pills, don't they already remove excess fluid?

Water pills act on your kidney, you still need to get the fluid up to the kidney so they can work effectively.

REMEMBER

- ◇ Every step you take, think about pulling your toes to your nose.
- ◇ Follow these exercises everyday to help improve flexibility and range of motion, while you reduce swelling and leg pain

BUT...if I exercise will I still need to wear my compression stockings?

Yes, compression stockings mostly act on the tissues, squeezing excess fluid toward the deep veins, much like you would squeeze out a sponge. Exercising the calf pump will help the veins, clear the fluid so the sponge doesn't reabsorb it. Used together, compression and exercise, will greatly support your skin and veins.



Stand or Sit

**Repeat 30x
Each Foot**



★ **Try this exercise on the stairs.**

★ **Make sure you HOLD ON hand rail for secure safety.**

★ **Only try ONE foot at a time.**

★ **Always wear sturdy shoes.**

★ **Did the Doctor recommend Compression Stockings?**

★ **Support your skin and veins wear them and exercise**

★ **GET SUPPORT
Call 905 523 6611**