

# Three Major Reasons To Wear Compression Socks

**Compression socks** are no longer just for seniors. Today's socks come in a variety of neutral tones, colors, and styles from knee-high to thigh-high that please everyone.

So how do they work? Throughout the day, blood in your veins work against gravity to flow through your legs back up to the heart. Anything that affects that flow – such as circulation problems or weakness in the walls of the leg veins (aka chronic venous insufficiency)--results in blood pooling in the veins of the lower legs and feet, leading to leg swelling, achiness and leg fatigue. Many of the quality brands like Jobst, Medi and BSN have conducted extensive research to engineer graduated socks that apply a firm squeezing action on your leg tissues and vein walls that helps return blood to the heart. Three major reasons for wearing compression socks are:

**For Travel:** Whether you're a snowbird or sit for long periods, wearing compression socks can assist proper blood circulation in your legs. One major risk of flying is developing a deep vein thrombosis. By applying a gentle pressure, to the ankle in particular, compression socks help blood in the surface veins to move to the deep veins and back to



the heart. The blood is then less likely to clot in the deep veins, which could be fatal if the clot moves to the lungs.

**For Work:** People who stand all day can experience discomfort, fatigue and leg swelling. Teachers, medical professionals, hair stylists and retail clerks can suffer from varicose veins and chronic venous insufficiency because standing reduces

blood flow to muscles and stops the "muscle pump" action that returns blood from the feet and legs to the heart. Wearing compression socks can help promote the pumping action and prevent varicose veins.

**For Exercise:** Whether you walk, run or play tennis, sudden and/or constant movements can place strain on your leg muscles. Compression socks help with recovery by increasing blood circulation, which reduces lactic acid build up that can cause leg cramps. The synthetic fabric also helps wick moisture away and prevent chafing.

Whether you're a frequent flyer, a working professional or enjoy being active, talk to your doctor to see if non-prescription or prescription compression socks are right for you. Then try a pair on to see what's comfortable - your legs will thank you.

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