Healthy Legs For Life!

Prevention is better then cure

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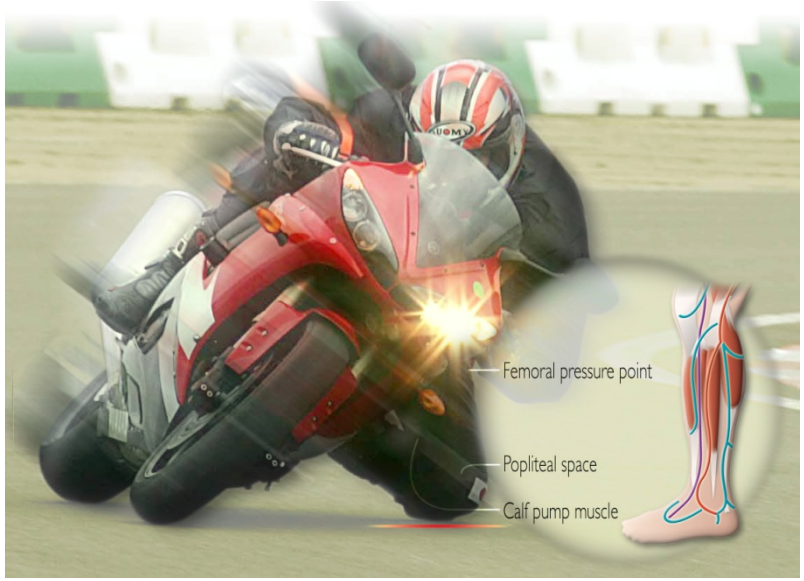
Occurrence of Venous Disease

- Estimated 50% of Western population is likely to get some form of venous disease during their lifetime

Are Motorcycle Riders at Risk?

- Riding position may put pressure on the major arteries
- Restricted blood flow to the lower limbs
- Muscle inactivity

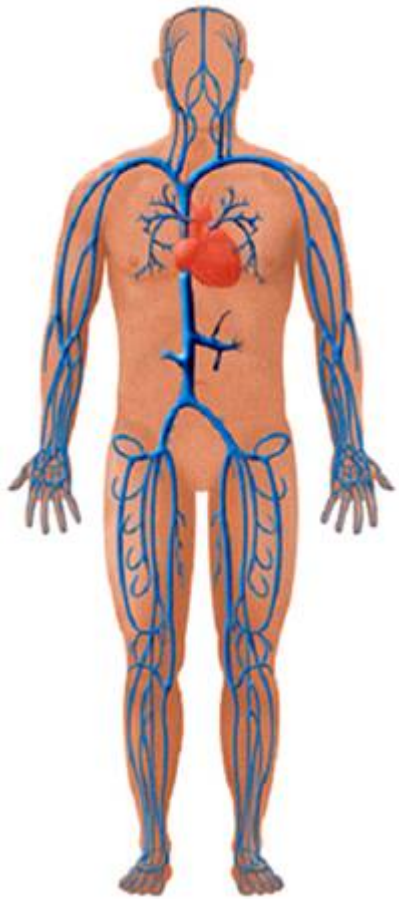


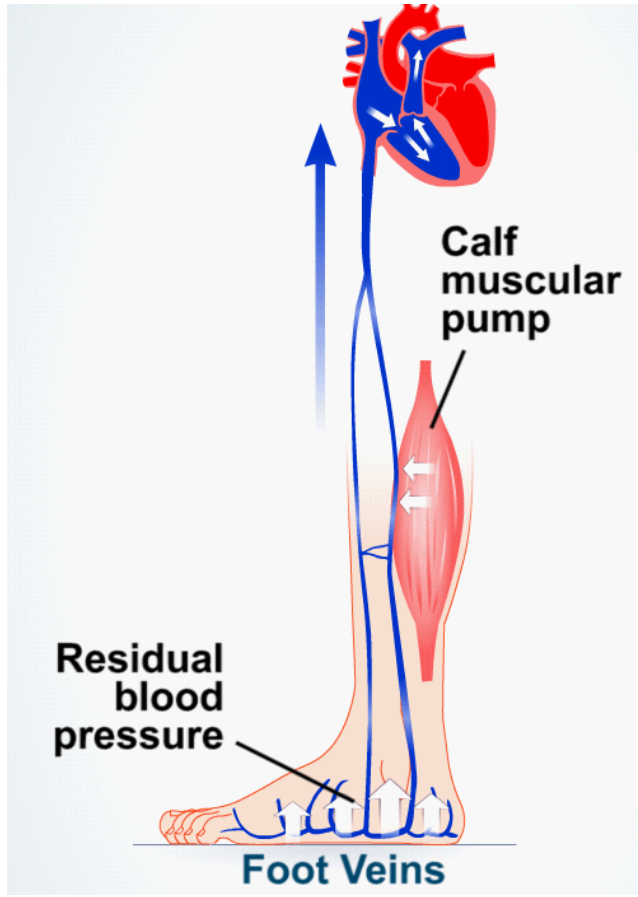
VENOUS RETURN

The blood needs to travel vertically against gravity

Heart

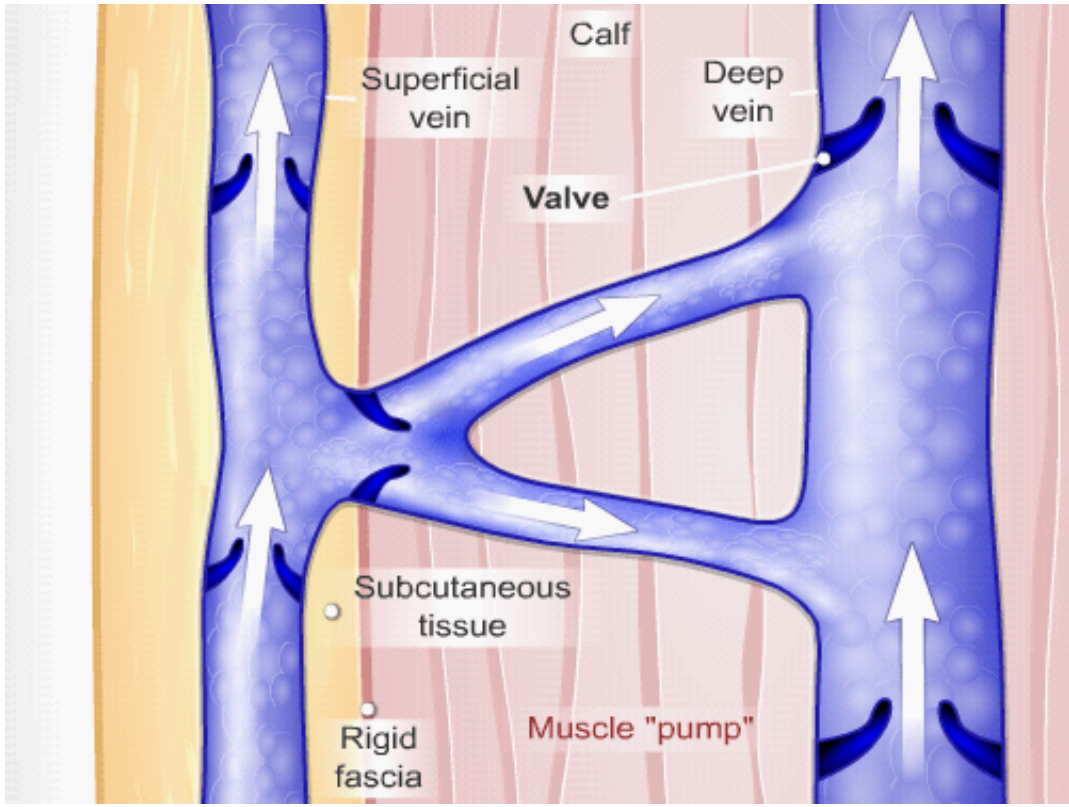
Foot





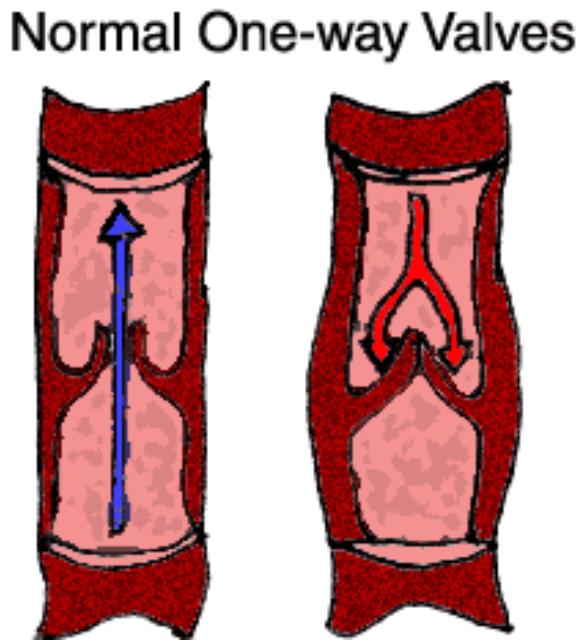
AETIOLOGY OF VENOUS FUNCTION

For blood to be effectively taken against gravity back to the heart the body needs valves in the veins to prevent the backflow of blood



Function of the Valves

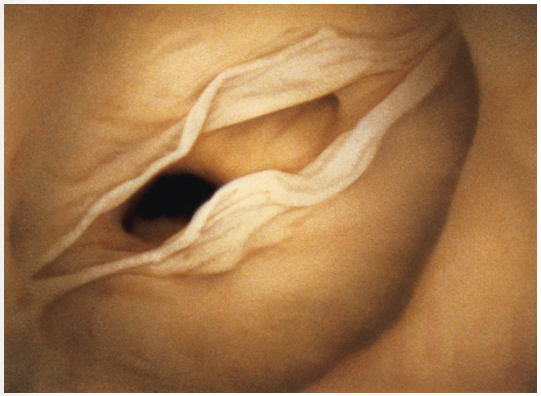
- Valves have a major role to play in our circulation
- They ensure the arteries supplying blood gets to our toes and veins return blood back to the heart and lungs
- The veins behind your knee is called the popliteal vein and the femoral veins are in your groin

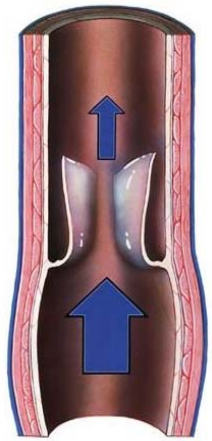


Competent function venous valve

Open valve

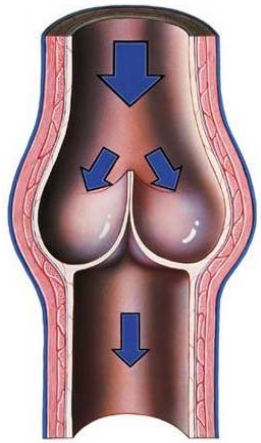
- Blood can flow





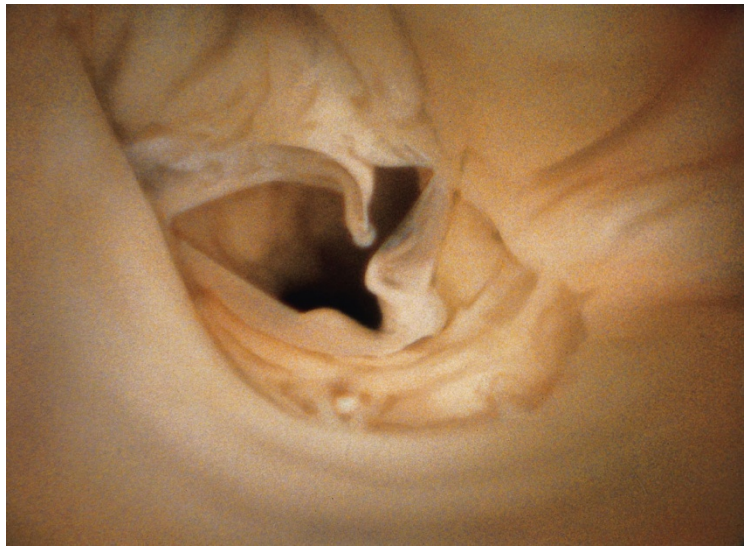
Closed valve

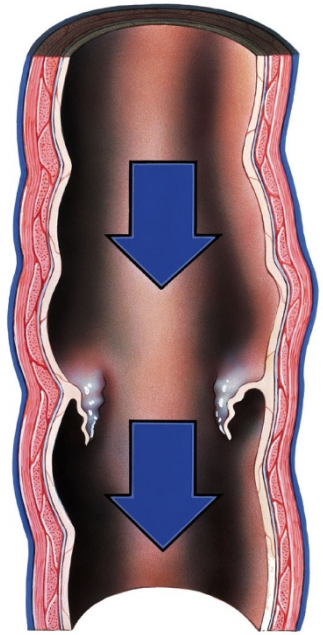
- Blood can‘t flow back to distal



Incompetent venous valve function

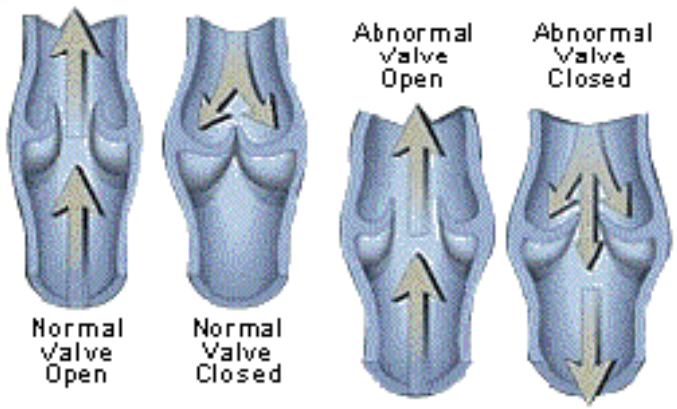
- Damaged / incompetent valve allows the venous blood to reflux





Effects of Damaged Valves

- Superficial veins -formation of bulging and swollen veins varicosities
- Perforator veins- flow in reverse direction increasing pressure in superficial system



Early Signs of Venous Insufficiency

Common Causes

Foot, leg, and ankle swelling is common with the following situations:

- Prolonged standing
- Long airplane flights or automobile rides
- Pregnancy
- Being overweight
- Increased age
- Injury or trauma to your ankle or foot

Early Signs of Venous Insufficiency

- Swelling and skin color changes commonly over the inner leg, just above the ankle
- Prominent or purplish veins in the legs
- Muscle cramps and spasms
- Swollen feet and ankles
- Itchy, scaly skin that may form ulcer

Venous Hypertension

- If blood flow through the valves within the deep veins of your legs becomes ineffective through injury or inactivity, the blood may be redirected to the superficial veins

Early Signs of Venous Disease

Early Signs of Venous Disease

Reticular varicosis / spider veins

- Reticular varicosis is an intra cutaneous network of dilated veins

Source: Rabe E, Grundlagen der Phlebologie, Viavital Verlag, Köln, 2000

What About A Motorcycle Position?

What About A Motorcycle Position?

When preparing for a journey, the majority of motorcyclist pay particular attention to the maintenance of their bike

ensuring tyres are at the correct pressure, oil and brakes are in good working condition

personal equipment is safe and functional e.g. crash helmet, leathers etc

Yet how often do we think about our anatomical position and circulation?

Are Motorcycle Riders at Risk?

Are Motorcycle Riders at Risk?

- Health questionnaire undertaken within the motorcycle fraternity
- 237 respondents
- Regarding safety & maintenance of bikes
- Knowledge & awareness of self care

Are Motorcycle Riders at Risk?

- Life-style data collected
- Blood pressure checks undertaken

BikeSafe

BMF Show

Data Slides

Be Aware

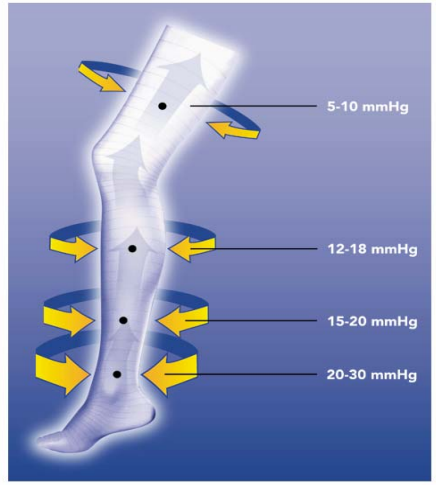
- Early intervention can prevent serious damage in later life
- Treat the cause rather than symptoms
- Concordance
- Lifestyle

Prevention is better than cure

- Regular stops within your planned trip
- Plenty of fluids, especially water
- Keep skin moisturised
- Look for: red patches of skin between knee and ankle
  redness and skin marked by clothing
  broken veins
  varicose veins
  itchy dry skin
  aching, swollen legs

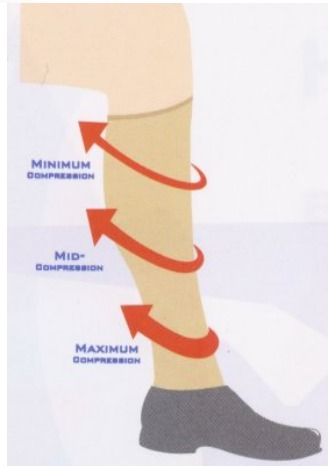
Prevention is better than cure

- Compression is the gold standard
- Reducing graduated compression Socks / Hosiery
- Pressure must be highest at the ankle
- Graduate upwards towards the knee



How compression therapy works

- Compression socks and hosiery are able to assist your body's own natural mechanism for returning blood back to the heart.
- By applying a firm, continuous, graduated pressure to the muscles and veins in your legs
- During walking the calf muscle contracts
- The socks / hosiery will 'give' and then return to its original position



Acknowledgements

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