How to apply stockings by hand

1. Take one stocking and insert your hand into the stocking as far as the heel.

2. Pinch the centre of the heel with your thumb and fingers and pull the top of the stocking down to turn the stocking inside out.

3. With your hands either side of the stocking, gently pull the stocking over the foot ensuring the heel sack covers the heel.

4. Hold the top of the stocking with both hands and pull the stocking up towards the ankle and calf.

5. Once you have achieved this grip either side of the stocking and gradually pull the stocking to the bend at the back of the knee or to the mid section of your thigh, depending on which stocking you have.

6. Smooth out any wrinkles.
7. Pull the toe section forward to smooth the ankle and instep areas.
8. If the top of the stocking is too tight, please have your measurements rechecked.
9. Repeat for your other leg.

What should I do next?

Even if you don't have exactly the symptoms described in this leaflet, if you have any concerns about the condition of your legs or feet you should have them professionally assessed. In the first instance, speak to your doctor, nurse, podiatrist, pharmacist or local Leg Club, who will give you a thorough examination. This may include a full health check and review of the circulation in your legs.

Contact **01473 749565**
Email: **lynn.bullock@legclubfoundation.com**

What is a Leg Club?

Leg Clubs are a research-based initiative which provide community-based treatment, health promotion, education and ongoing care for people of all age groups who are experiencing leg-related problems.

The Leg Club nursing teams are employed by NHS local provider services, CCGs and GP consortia and the nurses incorporate the Leg Clubs into their everyday practice.

No appointment is required and the Leg Club opening hours should be available from the local surgery, community nurses' office, and adverts in the local parish magazine and village shops or from the Leg Club website **www.legclub.org**

Through education, ongoing advice and support from your Leg Club nurses, you will be made aware that care and prevention of recurrence of leg-related problems is for life.

Visit your nearest Leg Club

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The Leg Club Foundation is proud to be a member of the Legs Matters coalition **www.legsmatter.org**

Designed by Boothman Design

How to Apply Compression Hosiery

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What are the most common leg problems?

Skin naturally changes as we get older and it may lose softness and elasticity over time. The skin may become dry and scaly with discolouring, which may be a sign of leakage of substances from your blood vessels into the surrounding skin. This leads to the skin being more at risk of skin tears, injury, inflammation and infection.

Good skin management, hygiene and other preventative measures can improve the overall condition and quality of life of those experiencing skin-related problems – for example, venous leg ulcers.

What is a venous leg ulcer?

Venous leg ulcers are the most common type of skin ulcer, affecting 2% of the elderly population and are more common in women. The ulcer occurs by having an increased pressure of blood in the veins of the lower leg, leading to fluid oozing out of the veins beneath the skin. This causes swelling, thickening and damage to the skin which may eventually breakdown to form an ulcer, which can become large and be difficult to heal.

The increase in pressure can result from:

- Blood clots
- Pregnancy
- Lack of exercise
- Being over weight

How to a prevent venous leg ulcers occurring

- Elevate legs when resting
- Exercise
- Stop smoking
- Healthy diet
- Good skin care

How to prevent a recurrence of venous leg ulcers

Venous leg ulcers commonly recur after they have been healed. To prevent this it is recommended that you wear a support (compression) stocking during the day for at least five years since the ulcer has healed. The stockings come in different classes (strengths) – class 1, 2 and 3. The higher the class, the greater the compression.

Benefits of support stockings

The stockings are made of strong elastic material and fit tightly at the ankle and become slightly looser as they go up the leg. The pressure in the stockings is graded which allows the stockings to constantly squeeze the leg muscles. This motion will help to push the blood back to the heart, reducing any swelling in the feet and preventing blood clots forming.

The stockings need to be professionally measured for comfort and positive effect; those fitted incorrectly can increase the risk of skin damage, poor circulation and leg ulcers.

Ezy-On compression frames

The Ezy-On compression frame enables independent dressing without bending at the hip. Its sturdy frame holds hosiery wide open for easy application and is suitable for both above and below knee compression hosiery. It can be used from a standing, sitting or lying position.

Application aids

Stocking aids are available for those who may have difficulty applying the stocking because of arthritis, back problems, lack of flexibility, weakness to arms and legs, poor eye sight and pain.

ActiGlide® application system

ActiGlide® is an application system which allows your compression hosiery to glide effortlessly up your leg.

Step 1
Fold the ActiGlide® double and thread the pin through the holes, starting at the widest end placing the point of the pin in the yellow pocket.

Step 2
Slide the ActiGlide® over your foot until it gets to the instep, making sure the pin is under your foot.

Step 3
Pull on the stocking in the usual way as putting on a boot, place the heel in position and spread the stocking evenly over your foot.

Step 4
Pull the pin out of the back of the ActiGlide® and then hold the black flap at the front.

Step 5
Pull the ActiGlide® up the leg and ease the stocking over the ActiGlide® in stages. Then pull the ActiGlide® out of the stocking and spread the stocking evenly around your leg.

How will the stocking feel?

It may take some time to get used to the stockings but you should persevere and continue wearing them.

How to look after the stockings

Do's and Don'ts

Do...

- apply stockings correctly first thing in the morning
- remove stockings at night
- change stocking every 2-3 days
- put recommended moisturiser on at night
- hand wash in warm water
- air dry
- follow up with your nurse, a week after wearing the stockings
- be reassessed and remeasured in 4-6 months
- contact your Doctor or Nurse immediately should you notice any changes

Don't...

- leave the stockings on all night – even though it may be easier
- roll down to make more comfortable – as this will restrict the circulation
- put moisturiser on before application
- wash in washing machine or tumble dry