

VARICOSE VEIN REHABILITATION



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WHAT ARE VARICOSE VEINS?

- Enlarged, twisted, and swollen veins that can be seen under the skin
- Typically occur in the legs, but can also appear in the arms, hands, and feet

CAUSES

- Weakened or damaged valves in the veins
- Increased pressure in the veins
- Genetic predisposition
- Obesity
- Prolonged standing or sitting
- Hormonal changes during pregnancy or menopause
- Aging

SYMPTOMS

- Visible, swollen, and twisted veins
- Pain, aching, or cramping in the legs
- Heaviness or fatigue in the legs
- Swelling, redness, or warmth around the veins
- Itching or burning sensations
- Skin thickening or hardening (fibrosis)
- Ulcers or wounds

STAGES OF VERICOSE VEINS

Stage 1 : Reticular veins or spider veins

- Small, web-like veins near the surface of the skin, often red, purple, or blue in color.

Stage 3 : Edema of the lower legs

- Swelling in the legs, ankles, and feet due to fluid buildup, which can lead to skin thickening and hardening.

Stage 2 : Varicose veins or venous nodes

- Enlarged, twisted, and swollen veins that can be painful and visible.

Stage 4 : Varicose eczema or trophic ulcer

- Advanced skin changes, including skin thickening, hardening, and discoloration, which can lead to open sores or wounds (ulcers).



COMPLICATIONS

- Bleeding or rupture of the vein
- Blood clots or deep vein thrombosis
- Infections or cellulitis
- Skin ulcers or wounds
- Chronic venous insufficiency
- Lymphedema

TREATMENT

1. Compression therapy

- Wearing compression stockings or bandages to reduce swelling and improve circulation.

3. Elevation

- Elevating legs above the level of the heart to reduce swelling and promote blood flow.

5. Wound care

- Treating any skin ulcers or wounds with proper wound care techniques.

7. Lymphedema management

- Managing swelling and promoting lymphatic drainage through techniques like manual lymphatic drainage.

OTHER TREATMENT

- Sclerotherapy
- Endovenous ablation
- Microphlebectomy
- Surgical options (vein stripping, ligation, and stripping)

DIAGNOSIS

- Physical examination
- Medical history
- Imaging tests (e.g., ultrasound, CT scans, MRI)
- Venography or angiography

2. Exercise program

- Engaging in regular exercise, such as walking, cycling, or swimming, to improve circulation and strengthen leg muscles.

4. Pain management

- Managing pain through medication, physical therapy, or alternative therapies like acupuncture.





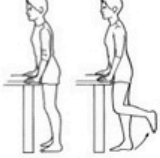
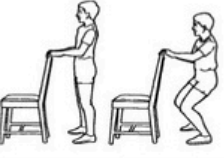
6. Physical therapy

- Improving circulation, strength, and range of motion through physical therapy exercises.

8. Education and support

- Educating patients on self-care techniques, lifestyle modifications, and providing emotional support.

EXERCISE FOR LOWER LIMB (VARICOSE VAIN)

		
<p>Roll your foot in a circle Repeat in the opposite direction</p>	<p>Place your foot flat on the floor Tap your heels</p>	<p>Sit with your feet down Straighten and bend your knee</p>
		
<p>Stand holding on to a firm surface (e.g. table) Lift one foot off the floor as high as you can Slowly lower back down</p>	<p>Bend your knee, lifting your foot up behind you and lower</p>	<p>Slowly bend both your knees and then slowly stand back up</p>

PREVENTION

Exercise regularly

- Engage in physical activities that promote circulation, such as walking, cycling, or swimming
- Aim for at least 30 minutes of moderate-intensity exercise per day

Maintain a healthy weight

- Excess weight increases pressure on veins, so achieving and maintaining a healthy weight through a balanced diet and exercise is crucial

Avoid prolonged standing or sitting

- Take regular breaks to move around and stretch
- Alternate between sitting and standing throughout the day

Wear compression stockings

- Wear compression stockings with a pressure of 15-20 mmHg or as prescribed by your doctor
- Wear them during the day, especially during prolonged standing or sitting

Elevate legs when resting

- Elevate legs above the level of the heart to reduce swelling and promote blood flow
- Use a wedge pillow or elevate the legs with pillows

Manage blood pressure and cholesterol levels

- Monitor and manage blood pressure through lifestyle changes and medication (if necessary)
- Maintain healthy cholesterol levels through diet and exercise

Additional tips

- Avoid crossing legs or ankles, which can restrict blood flow
- Avoid tight clothing that constricts legs or waist
- Stay hydrated by drinking plenty of water
- Avoid smoking, as it can damage veins and worsen circulation
- Limit salt intake to reduce fluid retention

EXERCISE FOR LOWER LIMB

These exercises are best done lying on the floor with legs raised on pillows.



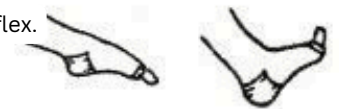
Bring knees to chest



Slowly straighten and lower each leg in turn. Repeat 10 times.



Slowly point toes and then flex. Repeat 10 times.



Move each foot in a circular movement to the left and then right. Repeat 10 times.



Bring knees to chest wall and do cycling movement. Repeat 10 times.



All exercises should be done 10-15 repetition and 2 times a day.