

How To Take Care of Swollen Leg With Some Easy Measures?

We commonly see people with [swollen legs](#). But a swollen leg always may not cause heart or circulation problems. The retention of fluid in leg tissues or peripheral edema with the lymphatic system or the kidneys may sometimes lead to swelling of legs. You may suffer from swelling because of fluid increase simply from being inactive, being overweight, standing or sitting for a long time, or wearing tight stockings or jeans. These are some known reasons that might cause swelling of legs. At the initial level, it is easy and inexpensive to cure pain and swelling. But when time passes with ignorance of treatment, the pain may lead to some major health issues.



Coming to the **leg swelling causes**, one of the known causes is venous insufficiency which becomes more prevailing with time passes. When the walls of the veins deep inside become weaker and worse and the one-way valves that aids in propelling blood back to the heart are damaged, then swelling takes place. After long periods of swelling, some amount of blood flows adversely and the veins stay filled with blood. Especially, pregnant ladies and people who have had blood clots experience swelling of legs more.

To minimize the pain what you can do is to put a pillow or cushion under the legs while sleeping and raising the legs while sitting. Trust me, this works a lot. Again, wearing support stockings from a medical supply store is also a good idea. Try to avoid those stockings that mat leave marks in your legs which you might feel tight.

Many studies are going on to find out the causes of swollen legs. The swollen legs might happen due to a circulation problem. Therefore it is very important to visit the primary care

physician. Most of the people experience edema. It generally causes due to venous hypertension or venous insufficiency.

Swelling may also occur when **legs feel heavy** due to poor blood circulation. When blood flow from the legs to the heart is broken, then it takes place. This is a natural and physiological condition when the venous system and the tissues in the legs secure the proper return of blood to the heart, particularly in calves.



From time to time, the venous system becomes lazier and leg muscles lose some portion of their strength causing heaviness in the legs. Varicose veins may happen if proper treatment is not taken at right time.

With some simple and household measures, it is possible to have **leg cramp relief**. It is very minor health problem but needs to take a good treatment. Some of the household measures are doing stretches and exercises, meditation, and yoga. Yoga is the ultimate solution to these kinds of problems. Stretching and regular exercise helps a lot and prevents blood clots. The circulation of blood from the legs to the heart becomes normal and causes no health problems. These are some easy and affordable techniques to keep the legs healthy and stay away from any pain or disorder

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