

Top 6 Symptoms Of Heavy Leg Syndrome

Do you suffer from the preceding issue **swollen legs**? Do you feel tired and sudden stiffness in the feet? The chances are high that you might be suffering from Heavy leg syndrome. [Leg Swelling Symptoms](#) usually result from chronic venous insufficiency, which in simpler terms, is a health problem associated with the leg veins. The veins function to distribute the pumped blood from the heart to the other parts of the body. Veins due to their elastic nature support the contraction of muscles that surround them. However, the compromised elasticity of the veins causes poor blood circulation, which leads to the rise of chronic illness.



The accumulated blood in the legs leads to clotting, which results in stiffening of the muscles. The stiffened muscles are known to cause heavy leg syndrome. As per experts at **varicose vein removal surgery, Houston**, there are several factors which lead to the risk of heavy leg syndrome. Doctors at [veintreatmenttx.com](#) have stated that one of the major causes of heavy leg syndrome is being overweight. **Leg swelling symptoms** are many, and with the timely diagnosis, the disease can be cured easily. Here is a list of some common heavy leg syndrome symptoms.

The Common Symptoms Of Heavy Leg Syndrome

Heredity, pregnancy, smoking, ageing are some of the common causes of heavy leg syndrome. The symptoms of the issue start showing in the earlier stages. However, ignoring these symptoms can lead to worsening of the situation. Here are some of the top **feet swelling symptoms**.

1. Stiffening of muscles

The primary cause of heavy leg syndrome is reduced blood circulation. Problems of stiffened muscles arise due to poor blood circulation. Blood circulation maintains the proper

functioning of the muscles. The reduced blood flow leads to stiffened muscles which cause heavy leg syndrome.

2. Muscle cramps

One of the significant symptoms of **primary leg syndrome** is muscle cramping. The shooting pain arose due to stiffening of the muscles, and their sudden contraction can give sleepless nights. Studies have found that the primary cause of muscle cramping is stress and nervousness.



3. Itching

The lack of proper blood flow in the muscles leads to numbness, thus causing itching. Neglection of the itchiness can lead to skin infections.

4. Skin discolouration

Proper circulation of the blood helps in keeping the skin healthy. However, when the blood flow is hindered, then it causes the discolouration of the skin. Doctors have found blood clots as [causes of swollen legs](#). Ignorance of the skin discolouration can overtime lead to skin ulcers.

5. Difficulty in walking and standing

Those people suffering from heavy leg syndrome have complained of feeling pain while walking and standing. This issue arises due to the stiffening of the muscles. The numbing of the legs and stiffening of the muscles are the primary reason behind the experienced difficulty in walking and standing.

So these were common symptoms of heavy leg syndrome. For more information on syndromes, diagnosis and treatment of heavy leg syndrome, visit veintreatmenttx.com.