

Heaviness In Legs

Most people searches "[Why do my legs feel heavy?](#)" Do you experience the very same feeling of heaviness in your legs or observe swelling once in a while? This undesirable sensation usually occurs at the end of the day, but likewise in heat or when you are tired.

This typical condition can be relieved as well as avoided using simple, available steps. Discovering remedies to **heavy legs** is very important both to boost your basic health as well as to maintain the problem from obtaining a lot more severe.



Leg Swelling Causes

The feeling of hefty legs, additionally known as venous insufficiency, relates to bad flow. It happens when blood circulation from the legs to the heart suffers, causing the heaviness.

In optimum problems, the venous system and also the muscular tissues in the legs, particularly in the calves, make sure the proper return of blood to the heart. This is an all-natural, physiological sensation.

Sometimes, nevertheless, leg muscles shed a few of their stamina and also the venous system becomes extra slow, creating heaviness in the legs. Left untreated, the issue can cause more significant problems, such as varicose blood vessels.



Risk factors

Several risk elements can be included:

- Age.
- Being woman- the trouble is extra typical in ladies.
- Absence of exercise.
- Genetics.
- Tight clothing.
- Putting on footwear with heels that are expensive or also flat.

- Meaning extended durations.
- Sitting for extended periods.

Finding relief

If heavy legs are creating you discomfort or perhaps pain, here are very easy means to find relief fast:

- Drink water or natural tea.
- Relocate your toes to boost blood flow in your feet.
- Base on your tiptoes for a few minutes to promote the calf bone muscle mass.
- Raise your legs at night.
- Massage therapy your legs in an upward activity making use of crucial oils or special creams or gels.
- If discomfort is substantial, wear compression socks, which are specially made to stimulate blood flow



Preventing the problem

Stopping or minimizing the effects of hefty legs is feasible with a few easy steps. These can be particularly useful if you have any of the threat factors stated above. Keep in mind, as well, that this small issue can develop into a much more major one if you don't do anything about it.

Do's

- Take lukewarm showers or bathrooms: warm water expands the vein, while great water constricts them.
- Workout more frequently.
- Take plenty of water to support blood circulation.
- Consume well by lowering refined and high-salt foods.

Don't's

- Do not wear high heels for long periods of time.
- Do not put on tight pants or socks, which can hinder blood circulation.
- Do not smoke. Smoking is injurious for blood vessels, among other things.

If your legs feel heavy, then consult the best vein doctor in Houston. He/she will advise you with the best possible treatment.

Vein Treatment Clinic is one of the **best vein centers in Houston, TX**, having the [vein specialist of Houston, TX](#). To know more about our clinic and to book an appointment, feel free to reach us at veintreatmenttx.com.