

Compression Therapy

- Provides a gradient of pressure, highest at the ankle, decreasing as it moves up the leg
- Reduces reflux of blood improves venous outflow
- Increases velocity of blood flow to reduce the risk of blood clots
- **Wust be fitted, replaced every 6 months**
- Prefer minimum of 20-30mmHg
- Graduated compression is not the same as T.E.D. hose



COMPRESSION STRENGTH

INDICATIONS

40%*

70%*

100%

| 8-15 MM | Leg fatigue, mild swelling, stylish |
|-----------------|--|
| 15-20 MM | Mild aching, swelling, stylish |
| 20-30 MM | Aching, pain, swelling, mild varicose veins |
| 30-40 MM | Aching, pain, swelling, varicose veins, post-ulcer |
| 40-50, 50-60 MM | Recurrent ulceration, lymphedema |

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