

Walking Guide for Pre- and Post-Treatments

1 Pre-Treatment Walking

Begin with short walks (5-10 minutes) and gradually increase duration and intensity for 30 minutes of brisk walking (you can talk but breathe a bit harder) most days. Listen to your body, stop if there's pain, and consider [compression stockings](#) with a doctor's advice. Warm-up and cool down with gentle stretches.



2 Post-Treatment Walking

Following your doctor's instructions is key to recovery. Start slowly with short walks (5-10 minutes) and gradually increase duration and frequency as tolerated. Aim for 2-3 walks. Listen to your body for any pain or discomfort. Tell your doctor about any concerns, and continue wearing compression stockings as directed.



3 Walking Workout #1: 20-Minute Walk

Combine walking with mindful breathing and proper form: inhale through your nose, exhale through your mouth, pump your arms, step heel-to-toe with full foot press, and focus on clearing your head. Break it down into 4 five-minute walks before meals if 20 minutes feels long, using music or changing your route for variety.



4 Walking Workout #2: 20-Minute Fast/Slow Walk

For a 20-minute interval walk, alternate 1-minute moderate walks around your house with 1-minute faster marches in place for a dynamic home workout.



5 Walking Workout #3: 20-Minute Walking and Strength

This 20-minute walk combines moderate-paced walking with three quick strength bursts: 5 squats, 5 modified pushups, and 5 [calf raises](#) after each in-place fast walk, followed by a regular walking lap around your house.



6 Walking Tips

To reduce [swelling](#), stay hydrated by drinking plenty of water and elevate your legs above your heart when resting.



7 Walking Comfort

While walking to attain optimal vein health, wear supportive shoes and maintain a healthy weight to reduce strain.



8 Consult Your Doctor

When sitting or standing for long periods, take regular breaks to move, and always [consult your doctor](#) with any questions about your walking or recovery.



Call Us More Information: **888.768.3467**