

Walking Guide for Pre- and Post-Treatments

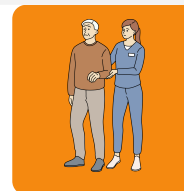
1 Pre-Treatment Walking

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 doctor's advice. Warm up and cool down with gentle stretches.



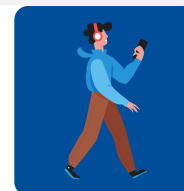
2 Post-Treatment Walking

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.



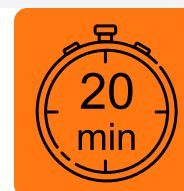
3 Walking Workout #1: 20-Minute Walk

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**