

Davisville Vein Clinic

Conservative Treatment Measures The Muscle Pump

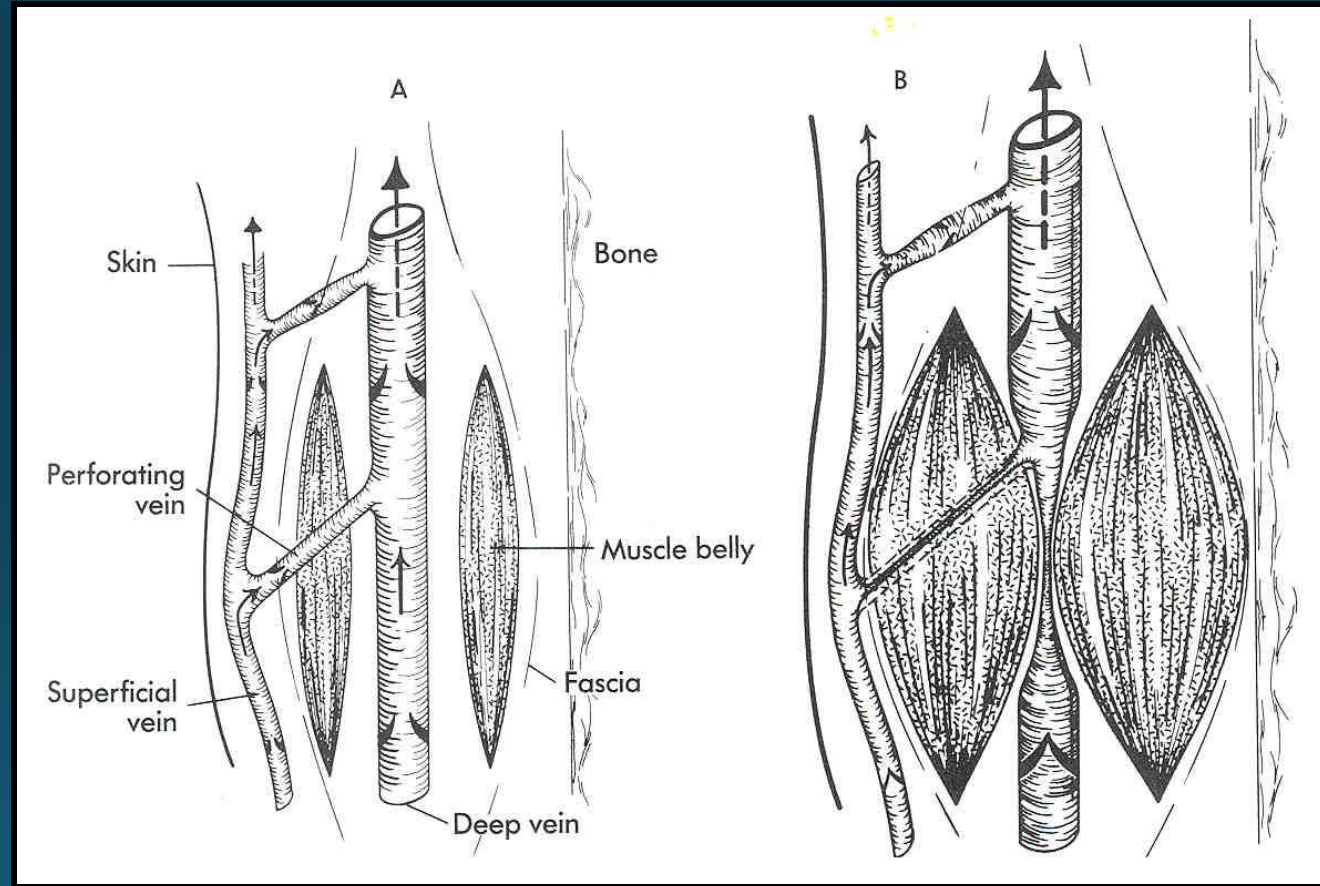
Conservative Measures

- Role of exercise
 - Muscle tone
 - The 'muscle pump'
- Maintenance of ideal body weight
 - Adipose tissues provide a softer support environment for venous structures

Muscle Pump

- The effect is similar to a peripheral 'heart'
- 500 cc of blood shifts when standing
- 45 to 85mmHg generated with a single step

Muscle Pump



Muscle Pump

