

Arterial Leg Ulcers



TIP SHEET

- ✓ Exercise legs gently and often – try walking or ankle exercises
- ✓ Inspect feet and legs daily
- ✓ Consider a podiatrist to care for your feet
- ✓ Wear shoes that fit well and orthotics if needed
- ✓ Keep legs warm, e.g., rugs, clothes, do not use a heat source near or on them
- ✓ Keep yourself at a healthy weight
- ✓ Control diabetes, lipids and blood pressure
- ✓ Protect your feet and legs, wear long clothing
- ✗ Do not smoke





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TEQSA Provider ID PRV12079 Australian University | CRICOS No.00213J

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This project was previously funded by the Australian Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) program.