

## Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

## Who to contact

Tissue viability and wound clinic

t: 0300 123 3444

Unit 7 Ambley Green, Bailey Drive,  
Gillingham ME8 0NJ

[tissueviabilitymedway@nhs.net](mailto:tissueviabilitymedway@nhs.net)

Medway Community Healthcare CIC providing services on behalf of the NHS  
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ  
Tel: 01634 337593  
Registered in England and Wales, Company number: 07275637

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://www.medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email [medch.dataprotection@nhs.net](mailto:medch.dataprotection@nhs.net) or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

[medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

## Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator  
Medway Community Healthcare  
MCH House, Bailey Drive, Gillingham,  
Kent, ME8 0PZ

t: 0300 1233444

[medch.customercare@nhs.net](mailto:medch.customercare@nhs.net)

All contact will be treated confidentially  
This information can be made available in other formats and languages. Please email [medch.communications@nhs.net](mailto:medch.communications@nhs.net)

Ref: MCH 389



## Leg ulcers and exercise

### Tissue viability and wound clinic



The Calf muscle pump helps the blood return back to the heart from the lower limbs. By adding some simple exercises into your daily routine you can improve this pump action.

Exercise is one of the four cornerstones to keeping your legs healthy along with; nutrition, skin care, and support. Here are some you may like to try;

- Ankle pumps sitting move your feet up and down using the full range of movement repeat several times daily



To carry out \_\_\_\_\_  
times per day

- Leg Lifts – sitting in a chair lift your legs in a marching motion repeat several times



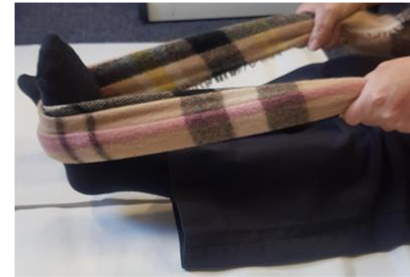
To carry out \_\_\_\_\_  
times per day

- Gentle Marching on the spot



To carry out \_\_\_\_\_  
times per day

- Calf Stretches- Gently pull on a towel or similar item until you feel a slight stretch in your calf, release and repeat



To carry out \_\_\_\_\_  
times per day

- Ankle pumps laying in bed- move your foot up and down using full range of movement repeat several times



To carry out \_\_\_\_\_  
times per day

It is also important to remain active and walk short distances this will also help the blood circulation to your legs and feet.

When you are resting at home elevating your legs will help reduce the swelling to your legs. Ideally you will need to elevate with your toes above your hips.

Aim to keep active and continue your normal routine and activities.

If you are suffering with pain please discontinue the exercises and discuss with your G.P or health professional.