

## Benefits of compression stockings

The people who suffer from the problem of varicose vein or any other venous disorder are well aware of the benefits of using compression socks. But it might not be the case with all. The simple fact is that almost everyone can get benefit from these compression socks.&nbsp;

It is the wonderful treatment not only patients of varicose veins but also for promoting leg health and to avoid the problem of spider veins and varicose veins. These also provide benefit to people who sit or stand for long hours in their daily routine. Professionals of bank teller, travelers, and health care workers can get many benefits from these compression socks.&nbsp;

Are you tired of your aching legs at the end of the day?

For all the people who are fed up of aching legs at the end of their daily routine, compression socks have brought many benefits along with it. Now, there is no need to elevate your tired legs after reaching home. The graduated compression force of socks will provide the soft massage to the muscles of your legs whole day, no matter whether you are standing or sitting.&nbsp;

It will neither allow blood pooling in the legs nor let the venous blood turn sluggish. It promotes good blood flow into the blood vessels, prevent back flow of blood that causes aching and leads to serious venous disorders.&nbsp;

Do you sit or stand for long hours?

Many persons who sit or stand for long hours together experience swelling in their ankles, lower legs and feet. It leads to tightness in their clothes, shoes and socks and makes them uncomfortable at their work. Compression stockings can solve all these problems, if worn regularly. Swelling in the legs can lead to several disorders.

Do you travel daily?

People who travel daily have to sit for long hours; this motionless posture again gives rise to thrombic disorders. Let it be in case of airplanes, cars, trains or any other transportation means, the muscles of the legs stops working, when an individual sits motionlessly.&nbsp;

It leads to blood pooling in the legs, thus causing ache and swelling. It might also result in some serious disorders such as deep venous thrombosis, blood clots, spider veins etc&hellip; so it is recommended to wear compression socks to the people who travels long distances.

A medical device

Compression socks and support hose are considered medical devices that are used to treat venous disorders. These are manufactured with different pressure gradients for different types of conditions. Minimum strength of compression socks is 15-20 mm of mercury.&nbsp;

It can be worn by anyone as a preventive clinical device. These stockings are available in variety of styles, designs and colors. Compression socks of minimum strength can be purchased even without a prescription.

## About the Author

For all those who want to know the benefits of [compression stockings](#) or [support hose](#), this website has brought the information. You can be relieved of your daily aching legs.

Source: <http://www.w3world.org>