

Leg Elevation Pillow Can Improve Circulation And Promote Healing, Says Healthy Avenue

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Healthy Avenue, a health product company based in Middle Park, Victoria, Australia, wants to stress the benefits of leg elevation using a pillow. The benefits attributed to leg elevation are many and include comfort, increased circulation, prevention of varicose veins, post-surgical healing, and prevention of deep vein thrombosis. They point out that the medical community has long known the benefits of daily leg elevation. Healthy Avenue hopes to spread this knowledge to the general public through their new education campaign.

The idea to spread this beneficial information to the general public is in line with the company's ongoing mission to improve the health and wellness of its customers. They noted that the practice of leg elevation has received little attention outside of medical circles, despite its significant contributions to healing and pain relief. Healthy Avenue has recognized the benefits of the practice and, seeing its potential, decided to launch an educational campaign.

Since its inception, the campaign has proven successful. The company has received positive feedback from consumers who have armed themselves with knowledge to combat pain and discomfort. Grant Williamson, spokesperson for Healthy Avenue, reported, "We've been overwhelmed with the response to our efforts. Historically, leg elevation was utilized only by those recovering from surgery or at risk of deep vein thrombosis. Our campaign has helped others understand the benefits of leg elevation extend to those suffering from back pain, muscle soreness, restless leg syndrome, and a variety of other complaints."

During their research, staff at Healthy Avenue found many individuals were unaware of the health benefits of leg elevation. Of those who knew of the benefits, many had given up on leg elevation, citing discomfort, inconvenience, and lack of relief. The driving cause of these complaints was use of poor quality leg elevation pillows or the use of non-specialized items to achieve leg elevation. Utilizing a poor quality leg elevation pillow results in the leg being compressed, prevents elevation to the optimal height, and allows excessive movement. These concerns result in pain and discomfort, causing people to abandon the idea altogether.

To reap the most benefit from leg elevation, it is important to have a pillow specifically designed for that

purpose. Specialized pillows, often referred to as leg elevation pillows or wedge pillows, are designed to comfortably raise and hold the leg at a 45-degree angle, which is the optimum angle for improved circulation. These specialized pillows include a number of comfort features, including a sculpted channel to secure the leg, compact size, and a secure base. A standard leg elevation pillow is able to accommodate individuals with heights ranging from five feet to six feet five inches. Leg pillows for elevation are constructed of polyurethane foam, which is soft enough for comfort and firm enough to support the user's leg.

The benefits of leg elevation are, primarily, the result of its dramatic effect on circulation. Improved circulation brings vital nutrients and oxygen to areas of the body. Body areas experiencing inflammation, injury, or pain can benefit from improved circulation. Additionally, raising one or both legs can relieve pressure from the lower back, resulting in pain relief and relaxation.

Leg elevation provides relief for symptoms ranging in severity. It can reduce or eliminate minor leg discomfort and also provide relief to those suffering severe pain. Leg elevation offers relief to patients after surgery by reducing inflammation and speeding the healing process. Individuals suffering from restless leg syndrome report relief from symptoms when their legs are elevated, including those who have edema and other kinds of swelling.

According to Healthy Avenue, using a well-constructed, specialized leg elevation pillow ensures users achieve optimum circulation and maximum benefit. Healthy Avenue has, through their research, designed a wedge pillow for use in medical settings and in the home. Their education campaign, combined with their wedge pillow, has provided relief from pain for many people.

The pillow, which is already a favorite item at Healthy Avenue's Amazon store front, has become extremely popular with customers, since the implementation of the company's leg elevation education campaign. According to company representative Grant Williamson, "The campaign has been wildly successful. Customers keep telling us they had no idea of the benefits of leg elevation." Customers have touted leg elevation as "perfect for recovery from my ACL surgery" and have commended the Healthy Avenue pillow as "excellent" and "great for back pain." The company is pleased with the popularity of their education campaign and proud to offer a product that enables consumers to attain the full benefits of leg elevation.

To learn more about Healthy Avenue and the benefits of leg elevation, visit their Amazon Storefront.

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Healthy Avenue

Healthy Avenue is a company that creates high-quality healthcare products such as their premier leg rest pillow that is now available on Amazon.

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