

Knee Pillow Brand Highlights the Benefits of Leg Elevation

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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 knee 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.

Grant Williamson, spokesperson at Healthy Avenue says, "Historically, leg elevation was utilized only by those recovering from surgery or at risk of deep vein thrombosis. Our campaign for leg pillows for sleeping has helped others understand how the benefits of leg elevation extend to those suffering from back pain, muscle soreness, restless leg syndrome, and a variety of other complaints."

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.

The leg wedge pillow, which is already a favorite item at Healthy Avenue's Amazon storefront, has become extremely popular with customers, since the implementation of the company's leg elevation education campaign. 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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