

Wedge Pillow Company Highlights the Benefits of Leg Elevation for General Health

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Healthy Avenue, a wedge pillow 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.

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."

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.

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

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For more information about Healthy Avenue, contact the company here: Healthy Avenue Grant Williamson +61 405106200 ales@healthyavenue.club PO Box 5227 Middle Park VIC 3206 Australia

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.

Email: ales@healthyavenue.club

Phone: +61 405106200