

Sclerotherapy Exercises

Elevation:

Lie on your back with hands at sides, lift one leg off the floor and rotate ankle for 2-5 minutes. Repeat with the other leg. Do 1-2 sets twice daily (am & pm).



Circulation Boosting Bicycle:

Lie on your back with hands at sides, lift legs off the floor and pedal them as if riding a bicycle, as shown. Raise legs higher to increase circulation; lower them to work and tone waistline. Pedal continuously for 2 minutes.



Swell-Reducing Scissors:

Lie on your back with hands under buttocks, tuck knees to chest and then, pressing spine to the floor, extend your legs up until they're perpendicular to the floor. Hold for 10 seconds, then slowly cross your right ankle over left, as shown. Uncross and reverse legs. Do 3 sets of 8.



Vein-Erasing Rotations:

Lie on your back with hands under buttocks, tuck knees to chest and then extend legs straight up. With spine pressed to the floor, slowly lower legs as far as you can, as shown, and circle legs clockwise on one turn, then counter clockwise. Do 3 sets of 8.