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The influence of exercise on ulcer healing in patients with chronic venous insufficiency

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Introduction: Venous Leg Ulcer (VLU) affects millions of people, and yet there have been no major advances in its treatment for many decades. Is it the time to change our approach, and try a multidisciplinary one that could bring about a change.

Aim: The aim of this study is to evaluate whether a regular, home-based exercise could be influential in healing the VLU.

Methods: 80 subjects (mean age: 65.13 years) were recruited for 12 weeks. The participants were randomised into a control group (n=20), a compression therapy group (n=20), an exercise group (n=20) and a compression and exercise group (n=20). The exercise comprised of 10 dorsiflexions each hour while the patient was awake. The first 2 groups did not perform any exercise while the other two did. Baseline and 3-month measurements were performed. These measurements include skin perfusion assessment and ulcer size.

Results: All patients showed low tcPO₂ in the beginning of the study. At the point of 3 months of exercise, Laser Doppler flowmetry and ulc.

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